

SLIPS, TRIPS AND FALLS

Some people might assume that it is only their elderly Granny that is apt to slip or trip on her walking-frame, floor mats, wet leaves or icy paths. While she and grandad might take more than just a few spills, anyone can fall and injure themselves if they are not careful, whether it is on a staircase or because a laptop cord is resting on the floor.

According to IBEC, the voice of Irish Business & Employers, approximately 1 in 4 accidents reported to the Health & Safety Authority (HSA) annually are attributed to slips, trips and falls and the hazards can equally affect both employees and non employees.

In public places 67% of all personal injuries are caused by slips, trips or falls according to the injuries board.

The most common accident at home are falls, which account for 45% and the upper limbs, head and face are the parts of the body most frequently injured and according to a report published by Irish Health a Saturday in August and around 2pm is the most dangerous time for an accident in the home!

Slips and trips can be prevented by carrying small loads up stairs instead of large ones, holding stair railings, taping and securing rugs and bath mats, and keeping stairs clear of clutter or toys, according to the Home Safety Council's web site.

When it comes to protecting children from falls at home, don't leave babies alone on beds or changing tables and use safety gates on stairs around small children.

Prevent Falls



Have handrails on both sides of stairs and steps. Make sure handrails go from the top to the bottom of stairs.



Have lots of lights at the top and bottom of the stairs.



It is easy to trip on small rugs. Tape them to the floor or do not use them at all.



Keep the stairs clear.



Have nightlights in the bedroom, hall and bathroom.



Have a mat or non-slip strips in the tub and shower.



Have a bath mat with a non slip bottom on the bathroom floor.



Have grab bars in the bath and shower.



Wipe-up spills when they happen.

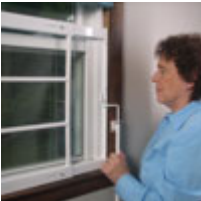
Protect Young Children



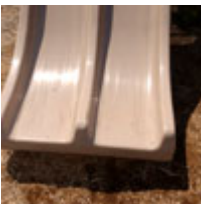
Always watch young children.



Use safety gates at the top and bottom of stairs.

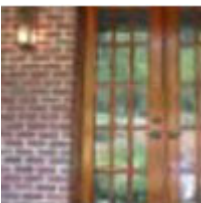


Window guards can keep a child from falling out the window. Have window guards on upstairs windows.



Cover the ground under playground equipment with a thick layer (9-12 inches) of mulch, wood chips or other safety material.

Outdoors



Put bright lights over all porches and walkways.



Have handrails on both sides of the stairs.



Put ladders away after using them. You should always store ladders on their sides, in a shed or garage.



Keep sidewalks and paths clear, so you don't trip.



Fix broken or cracked steps and walkways as soon as possible.

* Photos courtesy of Jake Pauls