



# Falls

## SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you're doing or as a refresher for something you haven't done in a while. They're a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

Year in and year out, falls remain a major source of injuries at home and at work. There are several high-hazard areas that require extra attention.

### 1. Stairs

- ⇒ Make sure stairways are well-lit. It is easier to lose your balance in the dark.
- ⇒ Make sure that handrails are installed and sturdy. Wooden handrails are easy to install.
- ⇒ If the surface of the steps is slippery, you can install different sorts of safety treads. A common sort is self-sticking and waterproof, and is made from a non-skid material.
- ⇒ Try to keep one hand free so that you can hold the handrail as you ascend or descend. If you are carrying something heavy or unwieldy, get help.
- ⇒ Don't store things on steps or allow stuff to accumulate on them.

### 2. Kitchen

- ⇒ Clean spills of food, water or other liquids right away.

- ⇒ As in the bathroom, throw rugs should have a slip-resistant back or mat beneath.

### 3. Bathroom

- ⇒ Showers and tubs are obvious places for painful slips that can be prevented with non-skid strips and rubber bath mats.
- ⇒ If you have rugs on your bathroom floor, make sure they have a non-skid backing or put a slip-resistant mat beneath.

### 4. Outdoor walkways

- ⇒ If the surface gets icy, keep sand or rock salt on hand to spread where people walk.
- ⇒ Never run an extension cord where someone might walk.
- ⇒ Keep furniture and other objects out of common paths of travel.

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