

SLIPS, TRIPS & FALLS

Awareness and Prevention

Slips, trips and falls are among the most common causes of injury at home and in the workplace. It's important to recognise slip, trip, and fall hazards when you see them so that you can take proper precautions to prevent accidents and protect yourself and others.

MORE SERIOUS SLIPS OR TRIPS MAY CAUSE A FALL AND RESULT IN:

- Sprains or strains.
- Broken bones when trying to break the fall.
- A back/spine injury due to the sudden and forceful impact during a fall.
- Burns if it occurs near hot surfaces or if the person is handling hot fluids.
- Cuts if it occurs near sharp objects.

TIPS FOR PREVENTING FALLS:

- Get regular check-ups for sight, hearing and mobility.
- Limit alcohol intake.
- Use a prescribed walking stick or frame.
- Wear thin soled, supportive shoes. Avoid slippers, as these provide no support and do not walk around in socks or tights.
- Maintain regular exercise to strengthen muscles and keep joints loose.

CHECK YOUR HOME ENVIRONMENT:

- Maintain good housekeeping practices i.e. clear clutter from the floor, including electric cords, throw rugs or other trip hazards.
- Clean up spills, drips and leaks immediately.
- Ensure floor surfaces are in good order i.e. free from holes, uneven surfaces or curled edges on rugs.
- Keep essential items within easy reach.
- Avoid putting objects on stairs and use the handrails going up or down.
- Keep stairs, hallways and outdoor areas well lit.
- Consider the use of rails and specialised bath equipment to assist with getting in/out of the bath.

What to do if you're falling:

- If you begin to fall, you can minimise injury by falling correctly including bending elbows and knees to absorb the shock of the fall.
- Roll with the fall.
- Protect your head by tucking toward a collarbone.
- Use your hands and the insides of your forearms to help break the fall.
- Yell or exhale as you fall.