



Healthy Homes



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Prevent Slips, Trips, and Falls



Prevent Fires and Burns

Prevent Chocking and Suffocation



Home Safety

Chapter 5

What are the Risks?

Falls are the leading cause of deadly and non-deadly accidental injuries for people aged 65 and older. Most falls happen at home and can be inside or outside. Most people trip and fall at floor level, not going up or down stairs. Older adults are more likely to be victims of falls, and the resulting injuries can affect their ability to lead an active life, or worse. Young children can get into everyday things that can poison them. Children like to play with things that



action for those family members at highest risk of injuries in all rooms of the home.

Prevention Tips:



Trips, Slips and Falls:

- Keep floors clear of anything that could cause someone to trip. This includes: clothing and shoes, papers and newspapers, and clutter.
- Use night lights in bedrooms, hallways and bathrooms to increase visibility.
- Don't use chairs or tables as ladders.
- Use safety gates to prevent falls down stairs. Repair any stairs that are cracked or worn. Install secure handrails on steps and ramps.
- Supervise children and keep their play

