

Fall Prevention

Because sometimes, people break



By Chris Loomis, Safety Expert

The human body is comprised of 206 bones and yards of flesh, and every year hundreds of these bodies come dragging into hospital emergency rooms with breaks, scrapes, bruises and other assorted boo-boos. Of all of the visits to the ER, the majority of these accidents occurred in the home and no one has reported being treated by George Clooney.

According to the Home Safety Council, the top five leading causes of non-fatal injuries in the home are:

1. Falls
2. Cut, poked, pierced, stabbed, sliced, diced and/ or julienned
3. Overexertion
4. Hit, bumped, banged, bruised or pummeled
5. Poisoning

And now, for the truly dreadful news: Women outnumber men slightly when it comes to receiving an injury from falling. Females experience 53% of falls that result in an injury. Preventing falls is something that everyone can be mindful of; falling is a danger to everyone no matter how young or old they are or what gender.

- Fall prevention can be simple.
- Keep walkways clear of clutter and well lit
- Tack down or get rid of small rugs and replace carpeting that has holes in it
- Install handrails for stairways and teach small children how to get down stairs safely
- Clean up all wet spills immediately
- Have the dog and kids file a flight plan so you now where you will be tripping over them next

Safety is an attitude that begins in our thoughts. We can create an accident-free environment at work and at home if we believe we can and are committed to the process.

Chris has more than 20 years of professional safety experience. As the marketing manager for DuPont's environmental and safety services, he has seen first-hand the safety challenges faced by plant personnel while working with more than 600 chemical, petrochemical, and manufacturing facilities. Chris is an award-winning international safety speaker and author.



Safety is a lifestyle!

For more information or to book your next safety speaker, please visit <http://www.safetyattitude.com> or call Chris Loomis at 713-927-6592.