

# HOME FALL PREVENTION

INFORMATION AND RESOURCES ON PREVENTION OF FALLS

Both types of falls (same level and from heights) are the second leading cause of non-occupational fatalities and result in about 19,000 deaths per year across the US.<sup>1</sup> Slips, trips and falls can also result in serious injuries such as concussions and broken bones. Working from heights can be very dangerous especially combined with a fear of heights, vertigo or balance issues.

Slips can occur when there is not enough friction between the footwear and surface. Common causes are spills, unsecured rugs or carpets, or ice and snow.

Trips can happen due to cords, clutter, uneven surfaces, open cabinets and doors and wrinkled carpets or rugs.

In the home, same level fall hazards including the maintenance of sidewalks, driveways and floors are a part of the Property Maintenance Code portion of the NYS Building Codes. Check local ordinances for specifics on required maintenance.



<sup>1</sup>The National Safety Council's 2015 Accident Facts Book

## PREVENTION

- Ensure walking surfaces are kept clean and in good condition. Make repairs quickly or mark the area off.
- Provide good lighting for walking surfaces.
- Keep carpets in good condition and secure the edges of area rugs.
- Stairs have even riser heights, level treads and slip resistant surfaces.
- Eliminate clutter and do not store objects on stairs.
- Keep drawers closed when not in immediate use.
- Spills or liquids on the floor should be cleaned up immediately.
- Electrical cords should not be run across walkways.
- Select ladders based on load capacity and adequate working height.
- Use ladders only for their designed use. Step ladders standing unfolded and single and extension ladders vertically.
- Keep ladders maintained and in good condition, inspected before each use and discarded if damaged.
- Ladders should be placed on firm footing and have extendible feet for uneven surfaces. Objects should not be used to level ladder feet.
- Single ladders should be either secured in place or are held by a second person.

### New York State Child Day Care Regulations 416.5 (e) (q)

Porches, decks or stairs with more than two steps must have either railings or handrails, as applicable.

Windows above the first floor, except those for evacuation, must have fall protection devices installed or restrictive locking devices.

For more information and resources visit:

[www.cseany.org/safety](http://www.cseany.org/safety)



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