

5

minute safety talk



Preventing falls around the house

Plenty of fall hazards present themselves before you even enter your home. The front porch or stoop can be a very dangerous place. A sturdy, stable handrail can help minimize fall risks. Ice is a serious hazard in the colder months, so be sure the porch and walkway are shoveled and covered with salt or sand to make them less slippery. The National Safety Council warns that leaves also can present a fall hazard. When they become wet, leaves are nearly as slippery as ice. Additionally, leaf coverage can disguise any debris or unevenness in pavement that could lead to a fall. Be sure leaves are cleared from the front of your home as early as possible.

Inside the house, the living room is the place most family members tend to gather. Having a lot of people around can lead to a lot of clutter – a major fall hazard. Be sure walking areas and paths are free from debris, such as stacks of paper, shoes or other items, and children know to put their toys away. Establish designated areas in the home to store shoes and hang coats or bags.

Bringing safety home (tips for safety professional):

- Remind employees of your near miss and hazard reporting in the workplace. Many workplace fall hazards also are home hazards.

Employee activity ideas:

- Show pictures or replicate in a vacant corner, cube or office common home fall hazards. Have employees identify the hazards.

Safety tips:

- Keep the floor clear. Reduce clutter and safely tuck telephone and electrical cords out of walkways.
- Clean up grease, water and other liquids that spill on the floor immediately. Don't wax floors.
- Use non-skid throw rugs to reduce your chance of slipping on linoleum or wood floors.
- Install handrails in stairways. Have grab bars in the bathroom (by toilets and in tub/shower).
- Make sure living areas and outdoor walkways are well lit.