

# News Release

National Safety Council  
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## **Fatal falls among older adults rising at an alarming rate *This National Safety Month, NSC calls on Americans to take steps to prevent falls***

Itasca, IL – Fatal falls among adults 65 and older have risen 112 percent\* since 1999. More than 21,600\* deaths in 2010 were attributed to falls among this age group, accounting for eight out of every 10 fatal falls in the United States.

“For older adults, falls and the resulting injuries can diminish their ability to lead active, independent lives,” said Deborah Hersman, NSC president and CEO. “Identifying potential fall hazards and making changes to improve your strength, balance and vision can help reduce your risk of a fall at any age.”

June is [National Safety Month](#), and the [National Safety Council](#) is calling on Americans to recognize the potential fall risks for themselves and the older adults in their lives. These tips can help prevent falls:

- Stay active and exercise to increase core strength and balance
- Review medications and be aware of those with side effects that can make you drowsy or lightheaded
- Get your vision checked, as poor vision can lead to falls
- Remove tripping hazards (papers, books, clothes, shoes) from stairs and places you walk
- Clean up all spills immediately and keep the floor dry
- Keep frequently used items in cabinets you can reach easily without using a step stool
- Install grab bars next to your toilet and in your tub/shower
- Use non-slip mats in the bathtub and on shower floors
- Improve lighting in your home, including using a nightlight
- Install handrails and lights on all staircases
- Wear shoes with good support that have non-slip soles

National Safety Month encourages safe behaviors to prevent the leading causes of unintentional injuries and deaths. The Council's National Safety Month campaign “*Safety: it takes all of us*” includes free downloadable materials to help spread important safety messages. Visit [nsc.org/nsm](http://nsc.org/nsm) to get involved.

*\*According to Injury Facts® 2014 edition*

### **About the National Safety Council**

Founded in 1913 and chartered by Congress, the National Safety Council, [nsc.org](http://nsc.org), is a nonprofit organization whose mission is to save lives by preventing injuries and deaths at work, in homes and communities, and on the road through leadership, research, education and advocacy. NSC advances this mission by partnering with businesses, government agencies, elected officials and the public in areas where we can make the most impact – distracted driving, teen driving, workplace safety, prescription drug overdoses and Safe Communities. [Safety+Health](#) magazine, the Council's flagship publication, is a leading source of occupational safety and health information.

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