

# SLIP & FALL

Slip/trip and falls are the second most common cause of lost work days. They can cause back, neck, hip, severe head/brain injuries, fractures, paralysis, or even fatalities.

## FACTORS THAT CAN LEAD TO SLIPS, TRIPS AND FALLS:



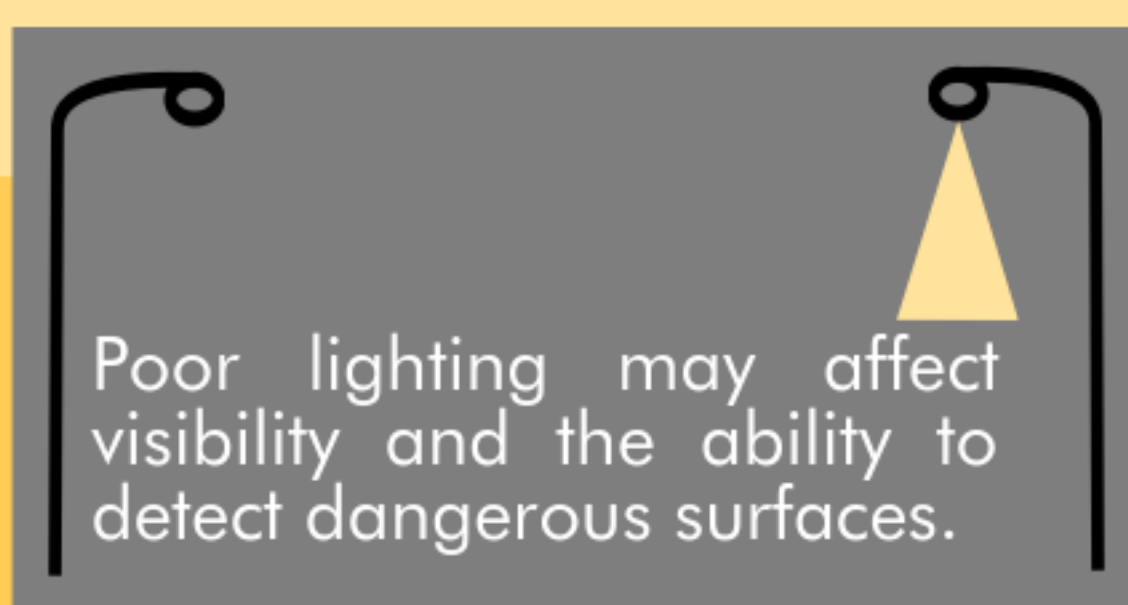
Ice, snow, or rain can create outdoor slipping hazards.

Improper mopping and failure to place adequate warning signs can result in a slip and fall incident.

Spills on walking surfaces may be slippery.

Loose mats or rugs may result in trips.

Walking surfaces that are in disrepair, have protruding nails and boards, or changes in floor height may cause falls.



Poor lighting may affect visibility and the ability to detect dangerous surfaces.

## FALLS

In the U.S., falls account for over **8 million** emergency room visits, representing the leading cause of visits (21.3%). Slips and falls account for over **1 million** visits (12%).

Over 60% of nursing home residents fall each year.

Slips and falls represent the primary cause of lost days from work.

Hip fractures are the most serious, leading to the greatest health problems and number of deaths.

Half of all accidental deaths in the home are caused by a fall. Most fall injuries occur at ground level, not from an elevation.

Falls account for 87% of all fractures among people over the age of 65 and are the 2nd leading cause of spinal cord and brain injury.

Falls represent 40% of all nursing home admissions and are the 6th leading cause of death among people aged 70 years or older.

Slips and falls are the leading cause of workers' compensation claims and occupational injury for people aged 55 years +.

### FALLS OCCUR MOST COMMONLY IN:

DOORWAYS



RAMPS



STAIRS



LADDERS



CROWDED AREAS



AREAS WITH UNEVEN SURFACES



FALLS ARE THE  
**SECOND LEADING**  
TYPE OF  
UNINTENTIONAL  
HOME-RELATED  
INJURIES  
OR  
DEATHS.

### HEAD TRAUMAS

are the leading cause of fall-related deaths.

### TIPS FOR PREVENTING FALLS\*\*

Maintain stairs and other walkways. Ensure that they are safe and damage-free.

Keep tripping hazards such as electrical & phone cords, boxes, toys or shoes out of walkways and stairways.

Place non-slip or non-skid mats under rugs to prevent slips or falls.

Do not stand on chairs, moving surfaces or other hazardous objects.

Sources :  
\*New York State Department of Public Health  
\*\*The National Safety Council  
<http://nfsi.org/nfsi-research/quick-facts/> (National Floor Safety Institute)  
<http://www.nsc.org/learn/safety-knowledge/Pages/safety-at-home-falls.aspx>  
<http://www.cdc.gov/niosh/docs/2013-100/pdfs/2013-100.pdf>



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