

## “Off-The-Job-Safety”

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The National Safety Council estimates that off-the-job injuries and fatalities cost U.S. businesses almost \$200 billion annually in lost productivity. Council research shows 9 out of 10 fatalities and nearly two thirds of disabling injuries to workers each year occur off the job. According to data from the 2005-2006 edition of the council's "Injury Facts" an estimated 62,100 fatalities occurred in the home and community in 2004 – translating to about 56 percent of all recorded injury-related deaths.

The impact on deaths and injuries in U.S. homes and communities:

- ☞ About 1 out of 17 people experience an unintentional injury each year.
- ☞ About 32 percent of deaths and disabling injuries involve workers off the job.
- ☞ A fatal injury occurs in the home every 14 minutes and a disabling injury every 4 seconds.
- ☞ The five leading causes of fatal injury are falls; poisoning; choking; drowning; and fires, flames and smoke.
- ☞ Smoke inhalation accounts for a majority of deaths in home fires.
- ☞ A public fatal injury occurs every 21 minutes, and a disabling injury occurs every 4 seconds.
- ☞ The four leading fatal causes of death in public places are falls, poisoning, drowning and choking.
- ☞ People 65 and older suffer more than half of the fatalities in public injuries.

### Preventing Slips and Falls in the Home

In 1998, falls in the home and community caused or led to 15,900 deaths. All age groups are vulnerable, but older adults are most at risk. In fact, 80% of those receiving fatal injury are over the age of 65. Falls continue to be the major reason for injury-related death, injury and hospital admission for older adults.

Follow these tips to prevent slips and falls in your home:

- Keep the floor clear. Reduce clutter and safely tuck telephone and electrical cords out of walkways.
- Keep the floor clean. Clean up grease, water and other liquids immediately. Don't wax floors.
- Use non-skid throw rugs to reduce your chance of slipping on linoleum.
- Install handrails in stairways. Have grab bars in the bathroom (by toilets and in tub/shower).
- Make sure living areas are well lit. We can all trip and fall in the dark.
- Be aware that climbing and reaching high places will increase your chance of a fall. Use a sturdy step stool with hand rails when these tasks are necessary.
- Follow medication dosages closely. Using medication incorrectly may lead to dizziness, weakness and other side effects. These can all lead to a dangerous fall.

