



Ways to Avoid Becoming a Slip-and-Fall-Statistic

It's far too easy to become a [slip-and-fall](#) statistic in this country. Each year, [more than one million](#) Americans suffer this fate. Most of us have seen fluid spills covering grocery store floors and know that our neighborhood sidewalks can prove treacherous if we fail to carefully watch our footsteps. Likewise, workplace floors sporting frayed carpeting can be a challenge. Finally, even our own homes contain numerous fall hazards, including children's toys strewn across the floor or wet bathroom surfaces.

Fortunately, there are ways we can lower our chances of falling to our knees or breaking a leg. Simply reviewing common environmental and structural dangers can help us stay safe. We can also take sensible precautions before ever venturing outside or strolling around our own homes.

Common Environmental and Structural Dangers Tied to [Falls](#)

- **Wet surfaces**, whether indoors or out, will always pose significant hazards to pedestrians. On rainy days, must remember to dry off our feet before walking indoors.
- **Poorly constructed or maintained stairway steps** can cause even highly alert people to fall sometimes. Be sure to hold on to stairway rails and take note of various landing areas between sets of stairs.
- **Uneven surfaces** provide their own challenges. It can be hard to find city sidewalks and driveways free of cracks and crevices. It's best to never assume you're walking on a level surface. It's also important to frequently glance down at the ground or floor in front of you, even if you need to be talking with others at the same time.
- **Inadequate lighting** can cause many injuries. Make sure there are plenty of functional light fixtures at work or at home. Consider carrying a small flashlight with you if you must climb stairs or walk around unfamiliar buildings while performing your job. Make a

point of personally checking light bulbs and automatic lighting timers at least once a month.

- **Older, poorly maintained ladders** can easily cause a fall. Always insist on using newer safety ladders when making repairs around your house or handling required tasks at work. Ask a family member or co-worker to steady the bottom of any ladder you're climbing. Before stepping on any ladder rung, examine the ladder to be sure that all of its safety features are in good working order. Never carry heavy objects when climbing up or down ladders.
- **Lengthy electrical cords** often create serious fall hazards in most homes and workplace settings. Avoid using such cords since it's far too easy to trip over them. Make sure someone has the duty to inspect the common floor areas at work several times a day.

Personal Choices That Can Keep You Healthy and On Your Feet

- Always wear sensible shoes with minimal heels. Women who wear high heels will usually have no one to blame but themselves if they fall.
- Whether you're unloading crates on a dock at work or taking grocery store sacks out of your car and into your home, be patient enough to only carry modest loads. A few extra steps can save a lot of unnecessary injuries.
- If you own or rent property with poorly maintained floor surfaces, get them fixed by your landlord or personally take care of the problem in a timely manner.
- Don't expose yourself or others to needless injuries – or time-consuming litigation.
- Never park your car in an area covered with broken asphalt or cement. Also, try to avoid parking on dirt or sand surfaces since sudden rains can greatly increase your chances of falling when you return to your vehicle.
- Take all proper precautions when walking around construction sites or buildings being demolished. Try to only make such rounds with someone else along in case one of you becomes injured.

Hopefully, the reminders and precautions mentioned above will help you avoid ever suffering the pain and inconvenience that always comes with a bad fall.

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