

HOME MATTERS

Loss prevention tips for all your home matters provided by: Huckaby & Associates

Did You Know?

Falls are one of the most common and dangerous accidents that occur at home and on the job. As you age, the consequences of a bad fall can be quite serious, from broken bones to head injuries. Plus, having a fear of falling can be limiting. This Home Matters flyer includes tips on how to prevent falls in your home.

FALLING GOT YOU DOWN AT HOME?

Ask yourself the following to determine if you are at risk of falling in your home:

- Can you clearly see the outline of each step when descending?
- Are light switches installed on both at the top and bottom of the staircases? If so, are they in proper working order?
- Do all of the staircases in your home have securely fastened handrails on both sides?
- When walking up and down the stairs, do you wrap your hand completely around the railing?
- Are carpets and runners fastened securely to the floor?
- Are the stair surfaces even and flat, and free of metal strips or rubber mats?
- Is clutter removed from staircases?
- Are all of your staircases – and especially outdoors – free of holes, cracks or dips?

If you answered 'yes' to all of these questions, then you've taken proactive measures to reduce your risk of falling on a staircase.

Safety First

If you do take a big tumble, here's what you need to know:

- Call for help before trying to get up.
- Cover yourself with a blanket, coat or rug while waiting for help so you stay warm.
- Visit your doctor to assure that you have not sustained serious injuries.

Huckaby & Associates

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