

Stair Safety

Did You Know?

Hamot treats thousands of people of all ages due to fall injuries because anyone can fall. It is the most common way to be injured. It is difficult to find someone who has not fallen at sometime. Unfortunately as you age your chances of having a serious injury increases.

- Most injuries occur from falling down the stairs rather than up the stairs.
- Aging often causes a loss of depth perception. This makes it harder to tell how far we are away from things.
- Aging can also cause a loss of balance.

Things you can do for yourself...

- Have your eyes checked regularly.
- Talk to your doctor about your medicines to see if they may make your dizzy or lightheaded.
- Exercise will help you keep your balance.
- Pay special attention if there is ice outside. Hold onto a handrail and keep the ice off the steps as much as possible.

For more information please visit the following web site:

1. Center for Disease Control

<http://www.cdc.gov/nasd/docs/d000101-d000200/d000131/d000131.html>



Please visit our web site at Hamot.org

Safety Tips:

- Keep everything off the stairs. This includes boots, shoes, toys, etc.
- Have good lighting in the stairway.
- Try to give the stairs all of your attention. If you turn or look away you may miss a step and fall.
- Always watch where you are going. It is so easy to miss a step.
- Always hold onto the stair rail. It will save you from a fall.
- If you carry something, be sure that you can see the stairs and have a hand free to hold the stair rail.
- Do not try the stairs if you feel dizzy or lightheaded.
 - If you get dizzy on the stairwell, sit down on a step and call for help.
- Keep the stairwell in good repair.
- Use gates to keep small children off the stairs.
- Do not allow children to play on the stairs.
- Do not place loose rugs on the stairs or at the top or bottom of the stairs.
- Be sure you can see the steps clearly with your eye glasses. Consider removing reading glasses.