

April 2024

## Fall Safety Awareness

Statistics show that on average, 7.9 million people visit the emergency room every year for fall related injuries. Regardless of location, we are always at risk of a fall; whether you're at your office, in the shop, or on a jobsite. Grocery shopping, running errands, playing with your kids or just at home cleaning and picking up can also be areas of risk.



We tend to think about falls as not being that big of a deal, when something as simple as an untied shoe can cause an accident, but statistics show us that falls can be fatal. Let's be more aware of our surroundings, not allowing clutter to build up in our work areas and personal lives.

According to the Bureau of Labor Statistics (a National Consensus of Fatal Occupational Injuries/ "The Dangers of Untied Shoelaces" article by company, E3:

- Over 850 workers have died from a fall. Hundreds of thousands of workers have been injured to the point of needing time off work. The fall does not have to be from a high surface, of those fatalities; 136 were from the same level.
- Falls are the leading cause of death among adults 65 +. Those statistics have continued to increase. Over 10 years ago, the death rate was fifty-five per 100,000 older adults and has since risen to about eighty per 100,000 older adults.
- Philadelphia's Childrens Hospital studied the cases of over 3,000 children brought into their emergency room. More than 1,000 of those cases were related to a trip or a fall, and 67% of those were due to untied shoelaces.

### Ladder Safety

Falls from ladders are one of the leading causes of work injuries and fatalities. Being aware of basic ladder safety can help protect you against accidents and falls. *(Info From OSHA)*

- Wear slip-resistant shoes.
- Only use a ladder on a stable and level surface, unless secured to prevent displacement.
- Do not exceed the maximum load rating.
- Always inspect the ladder prior to using it.
- Avoid electrical hazards.
- Keep your body near the middle of the step and face the ladder when climbing up or down.

