

Hazard: Falling on Level Surfaces, etc.

Identity of Hazard(s): This includes falling on any level surface such as floors, yards, and paths. It also includes falls associated with trip steps, thresholds, or ramps, where the change in level is less than 12 inches.¹

Primary Health Outcome(s): Bruises, sprains, fractures, head and spinal injury¹

Health Alert! Each year, one in every three adults ages 65 or older falls and 2 million are treated in emergency departments for fall-related injuries. And the risk of falling increases with each decade of life. The long-term consequences of fall injuries, such as hip fractures and traumatic brain injuries (TBI), can impact the health and independence of older adults.²

Gain Control: Actions You Can Take²

- Remove things you can trip over (like papers, books, clothes, and shoes) from stairs and places where you walk.
 - Remove small throw rugs or use double-sided tape to keep the rugs from slipping.
 - Keep items you use often in cabinets you can reach easily without using a step stool.
 - Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang light-weight curtains or shades to reduce glare.
 - Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.
-

Local Resources for Detroit Residents:

- If renting, call Detroit Buildings, Safety Engineering and Environmental Department (BSEED): (313) 628-2451
- Detroit Planning and Development Department (CDBG Home Repair Program): (313) 224-3461
 - Must be homeowner with homeowners insurance and be current on property taxes
- Young Detroit Builders (for low cost carpentry): (313) 964-2763

¹http://portal.hud.gov/hudportal/documents/huddoc?id=operating_guidance_hhrs_v1.pdf

²<http://www.cdc.gov/Features/OlderAmericans/>