



Falls Can Be Prevented Say Experts

BY CHARLES ETGEN

Falls are the second leading cause of accidents in the home and account for 8.9 million trips to the emergency room every year. Fortunately, most are preventable. With a few simple changes around the house, you can reduce your risk greatly. According to The National Safety Council there are lots of preventative measures that you can take to reduce your risk of becoming a statistic. Key problem areas include stairs, and under lit, wet, or cluttered areas.

1. KEEP THAT FLOOR CLEAN AND CLEAR. Clean up messes, spills, and debris immediately. Clean up the things that naturally clutter up the floor. Newspapers, books shoes. Reduce the clutter and you won't have to tap dance so much.

2. BANISH THE CORDS. Tie up those computer cords and television cords and modem cords and telephones cords and... All those cords can cause a nasty fall. Draw the together and tie them off.

3. NON-SKID AREAS. Use throw rugs with non-skid bottoms in areas that can be slippery such as kitchens and bathrooms. Consider putting down a permanent non-skid surface that can't be removed.

4. TAKE THE STAIRS ONE AT A TIME. It's not a race. Take your time and secure your footing.

5. LET THERE BE LIGHT. Upgrade the lower wattage bulbs to higher

ones so you can see where you are stepping.). Install night lights along whatever hallways or rooms you may use at night.

6. KEEP A STURDY STEP STOOL AROUND in case you have to reach high shelves. Better yet, keep your most used items shoulder height.

7. BATHROOM SAFETY. Most likely, the worst room in the house is the bathroom. We have already discussed a few things you can do, but what about the tub? That's a big step, and for a lot of people, a dangerous one. Consider these solutions: You can replace your tub with a walk-in shower, or you can opt for a solution growing in popularity called The Tub Cut. Here, the existing tub is cut and a section is removed. Pieces are fit into place converting your tub into a walk-in shower, and can be done in one day with no demolition.

"The Tub Cut is custom fitted to each tub and gives a finished look, is weight bearing and reversible," says Paul Echavarria of One Day Bath. "We have been installing them now for around four years. It changes people's lives."

According to Echavarria, it's one less thing to worry about. "It just increases your margin of safety," he said.

For more information on any of these items check out The National Safety Council at nsc.org, The Tub Cut at www.cutatub.com and One Day Bath at www.renewyourbath.com.