



PREVENT. PROMOTE. PROTECT.

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## NEWS

### **SAFETY IS NO ACCIDENT: PREVENT FALLS TO LIVE INJURY-FREE**

**HAMILTON COUNTY, OHIO** – Many Ohioans believe that accidents just happen, but won't happen to them. However, most injuries aren't accidents – they are preventable. The threat of injury lasts throughout your lifetime. Beyond cuts and bruises, injuries such as falls can have devastating effects including broken bones, head injuries, disabilities and can reduce independence and quality of life. Knowing the risks and taking steps to avoid injuries can help keep you and your loved ones injury-free.

#### **Making life at home safer can be a great investment in your future.**

- Increase lighting by adding lamps or wattage to existing lights
- Remove loose rugs and repair damaged flooring
- Place electrical cords against the wall or baseboard
- Replace door knobs with lever handles for easier access
- Install grab bars in tub/shower areas
- Place non-slip mats or strips on the tub/shower floor

#### **Reduce risk of falls in the workplace to prevent expensive workers' compensation and medical costs.**

- Take your time and pay attention to where you are going
- Adjust your stride to a pace that is suitable for the walking surface and the tasks you are completing
- Walk with feet pointed slightly outward
- Make wide turns at corners
- Always use installed light sources that provide sufficient light
- Use a flashlight if you enter a dark room where there is no light
- Ensure things you are carrying or pushing do not prevent you from seeing any obstructions

**Participating in regular physical activity helps improve balance and reduce the risk of falling.** Regular physical activity helps improve and prevent the decline of muscle strength, balance and endurance – all risk factors for falling. Simply 30 minutes a day of moderate physical activity on five or more days of the week will make a difference. Walking is an easy and inexpensive way to improve balance, ankle strength and endurance. Talk to your doctor if you are a new exerciser – your doctor will make ensure you exercise safely.

For more information on preventing falls including how to make your home safer, physical activity opportunities near you and exercise safety tips, please visit the Hamilton County Fall Prevention Task Force at [www.fallpreventiontaskforce.org](http://www.fallpreventiontaskforce.org).

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