KIDS AND FALLS

Leading cause of non-fatal injuries for children.

- Remove clutter
- Get rid of things on the floor and stairs that you can trip over.
- Light the way
- Make sure your home has lots of light. Use more/brighter light bulbs and nightlights.
- Step up
- Use ladders and stepstools properly to reach high areas; never stand on a chair.
- Wear sturdy shoes
- Find shoes with good support and slip-resistant soles.

WHAT ARE THE RISKS?

The more risk factors a person has, the greater the chances of a fall.

- Medication use
- Vision problems
- Decreased strength
- Balance difficulties
- Slippery or uneven surfaces

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- Play safely. Look for age-appropriate equipment in good repair and safe, shock-absorbing surfaces such as rubber, pea gravel or wood chips.
- Make your home safer. Use window guards and stair gates.
- Supervision is key. Closely watch young children as they play. It only takes a moment for an injury to happen.

FALLS IN MINNESOTA

Minnesota’s fall death rate is almost twice the national average.

- Minnesota ranks 4th highest in the nation for fall-related deaths among older adults (ages 65–85).
- 1 out of 5 falls causes serious injury
- $30,000+ average cost for a fall injury
- 1 in 3 adults age 65 and older fall each year
- Every 20 minutes an older adult dies as a result of a fall
- 1 in 3 adults age 65 and older fall each year
- 1 in 4 Minnesotans will be age 65 or older by 2030.

WHAT YOU CAN DO

Use our interactive Fall Checklist at minnesotasafetycouncil.org/SeniorSafe/falls.

- Remove clutter
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- Light the way
- Make sure your home has lots of light. Use more/brighter light bulbs and nightlights.
- Step up
- Use ladders and stepstools properly to reach high areas; never stand on a chair.
- Wear sturdy shoes
- Find shoes with good support and slip-resistant soles.
- Grab hold
- Use grab bars, stair railings, and non-slip mats.
- Keep it clean
- Wipe up spills and wet floors.
- Stay active
- Do exercises that make your legs stronger and improve your balance.
- Check medications
- Ask your doctor to review your medicines to see if they might make you dizzy or sleepy.