

Preventing Falls and Proper Ways to Fall

Proper housekeeping in work and walking areas can contribute to safety and the prevention of falls. Not only it is important to maintain a safe environment and walking these areas must also be obstacles which can cause. These areas should never be by objects of any kind.



Adequate lighting to ensure vision is also important in the prevention of slips and falls. Moving from light to dark areas, or vice versa, can cause temporary vision problems that might be just enough to cause a person to slip on an oil spill or trip over a misplaced object.

Carrying an oversized object can also obstruct one's vision and result in a slip or a trip. This is a particularly serious problem on stairs.

BEFORE THE FALL

While you can't prevent all slips, there's plenty you can do to improve your footing.

- **Be here now.** Practice "mindfulness" - focus on the present and be aware of your surroundings, instead of being lost in your thoughts.
- **Fix your blind spots.** If you can't see it, you can't avoid tripping over it. Have your eyesight and eyeglasses checked regularly.

PROPER WAYS TO FALL

For Forward Falls

- Hit the ground with entire palm and forearm. This reduces the likelihood of a wrist fracture
- Turn your head to the side- Reduces risk of hitting your nose or mouth on the ground
- Try to land on your palms and forearms in a push-up position without letting the rest of your body touch the ground
- Breathe out
- Avoid Locking your joints

For Side Falls

- Hit the ground with entire palm and forearm on the side you fall on - If left side use left arm etc.
- Grab your hip with opposite arm- If falling to left use right arm to grab hip
- Tuck your chin to your chest to avoid your head hitting the ground
- Squat
- Try to roll to your back
- Avoid landing directly on your hip

For Backwards Falls

- Bend at knees and squat
- Tuck chin to avoid hitting head
- Hit the ground with forearms first
- Round back

Naturally, the goal is not to slip, trip and fall; however, the possibility of a fall still exists. There are correct ways to fall, however, the recommended procedures are:

- Tuck your chin in, turn your head, and throw an arm up. It is better to land on your arm than on your head.
- While falling, twist or roll your body to the side. It is better to land on your buttocks and side than on your back.
- Keep your wrists, elbows and knees bent. Do not try to break the fall with your hands or elbows. When falling, the objective is to have as many square inches of your body contact the surface as possible, thus, spreading out the impact of the fall.

