



STATE SAFETY OFFICE
HEADQUARTERS, NEW YORK ARMY NATIONAL GUARD
330 OLD NISKAYUNA ROAD
LATHAM, NEW YORK 12110



SAFETY MESSAGE 19-01

Fall Prevention

Falls Can Be Hazardous To Your Health!

October is a month for winterizing your homes and preparing for the winter months ahead. Military equipment also requires winterization. Performing these tasks can involve the use of ladders around the house and climbing up onto equipment in the motor pool.

Falls account for nearly one-third of all non-fatal injuries in the U.S., according to *Injury Facts*, the source for statistical data on unintentional injuries created by the National Safety Council.

Every 20 minutes an older adult dies from a fall, and many more are injured, according to the Centers for Disease Control and Prevention. CDC data indicates:

- Falls are the leading cause of traumatic brain injuries
- 3 million older adults are treated in emergency departments each year for fall injuries
- More than 800,000 patients are hospitalized each year because of a fall injury, most often because of a head injury or hip fracture

Fall prevention can be as simple as following some safety precautions:

- Maintaining three points of contact while climbing up and down equipment to perform winterization tasks
- Clearing off ice and snow prior to climbing around on equipment
- Keeping at least three points of contact on ladders while going up and down
- Wearing appropriate footwear while using ladders
- Positioning the ladder properly to prevent having to reach farther than arms-length while on the ladder
- Keeping sidewalks and steps clear of debris, ice, and snow
- Using sand or ice-melt to provide traction on icy surfaces
- Using hand rails while using stairways
- Marking wet floors to prevent others from slipping / falling

Additional information about fall prevention can be found here:

http://www.nsc.org/SAFETY_HOME/HOMEANDRECREATIONALSAFETY/FALLS/Pages/Falls.aspx

http://portal.hud.gov/hudportal/HUD?src=/program_offices/healthy_homes/healthyhomes/homesafety

<https://safety.army.mil/OFF-DUTY/Home-and-Family/Home-Safety>

To find previously published Safety Messages go to our NYARNG Safety Website:

<http://dmna.ny.gov/safety/>

New York Army National Guard Safety Office Points of Contact:

Safety and Occupational Health Manager:

Alicia Howard

alicia.i.howard.mil@mail.mil

(518) 786-6097

Occupational Health Nurse:

Valerie Schwalbach

valerie.a.schwalbach.civ@mail.mil

(518) 786-4329

Safety Specialist:

Matthew Williams

matthew.s.williams117.mil@mail.mil

(518) 786-6040

Safety Specialist:

Chuck Austin

charles.b.austin2.mil@mail.mil

(518) 786-6121

M-Day Safety Specialists:

MSG Jerry Peace

jerry.i.peace.mil@mail.mil

CW4 Russ Hall

russell.i.hall3.mil@mail.mil