

# HOME

# MATTERS



## Don't Let the Stairs Trip You Up

The stairs are actually one of the most dangerous places in the home because of falling hazards. In fact, falls account for almost one-third of all accidental deaths in the home each year. Of these falling deaths, incidents involving stairs are the second most common. To protect against injuries from using the stairs, consider these safety recommendations.

- Always use the handrail when walking up and down steps.
- Install bright lighting at the base and at the top of staircases.
- Keep stairways clear of obstacles and never use stairs as a temporary storage or as a place to display decorations.
- Replace carpeting on stairs that is worn, loose or has protruding carpet tacks.
- Install anti-slip treads to provide better traction.
- Place safety gates at the base and top of staircases if you have small children or pets that could easily fall down.
- Avoid wearing socks or slippers without traction that could pose slipping hazards.
- Do not carry large items that are bulky and block your vision when traveling up and down staircases.
- Do not place throw rugs at the base or top of staircases since these items can slide and shift.
- Keep outside steps free of ice and snow during the winter.
- Inspect your outside steps periodically for broken or loose steps.

## Slow Down

Remember to always take it slow. After all, rushing is one of the top causes of slip and fall injuries. What's more, running up and down the stairs can cause major injuries if you are not careful. Encourage your family members to walk up and down the stairs slowly to prevent falls.

For more home safety guidance and homeowners insurance solutions, contact us today.

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