



# SLIP & FALL INJURIES IN NEW YORK

## COMMON INJURIES RESULTING FROM FALLS

01

### BROKEN BONES

*(such as fractured hips, ankles or wrists)*



02

### TRAUMATIC BRAIN INJURIES

03

### SPINAL CORD INJURIES



04

### INTERNAL INJURIES OR ORGAN DAMAGE

05

### DEATH



## FALL PREVENTION TIPS

- ✓ Make sure your home or workplace is free of clutter, broken flooring, slick surfaces and dim light.
- ✓ Install handrails on stairs, in bathrooms and any other location where one could be prone to falling.
- ✓ If you take medications causing dizziness, make sure you have access to assistance if you should fall.
- ✓ Consult a doctor to determine your fall risk.
- ✓ Check your vision regularly.
- ✓ Do exercises that increase balance.

## PEOPLE AT HIGHER RISK FOR FALLS



Older adults.



People taking medications.



People with poor eyesight.



People with weak legs or hips.

**SLIP & FALL INJURY? CALL: 212.563.1900**



<http://www.kaplanlawyers.com/premises-liability-accidents/slip-and-fall-accidents/>

resources:

<https://www.fitbit.com/weathermap>

<http://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>