Don’t fall for carelessness.
Tripping, slipping, falling – how to avoid accidents

Falls are among the most frequent type of accidents in Switzerland. Particularly in familiar surroundings, people are often too careless and unwary: they climb onto a windowsill to clean a window, use a crate as a ladder because it’s handy or slip in the bath while trying to grab a ringing mobile phone.

How to avoid falls

Don’t let stairs become a hazard

Provide adequate lighting. Additional marking on landings and steps can help to better identify the way.

Use the handrail when climbing stairs. Handrails should also be installed on both sides of a staircase even in private households if possible.

Apply self-adhesive anti-slip strips to the edges of smooth steps to make them more slip-resistant.

Eliminate tripping hazards

Do not use paths, stairs, entrances or passageways as storage areas.

Tidy away cables, toys, shoes and other stumbling blocks as much as possible.

Secure loose carpets with anti-slip mats or attach double-sided, adhesive carpet tape to carpet edges.
Non-slip socks provide a stable footing.

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Reach for the stars – in safety
Do not improvise with chairs, crates or stacks of books when working at a height – use only stable ladders!
Buy a ladder with wide treads, anti-slip pads and a safety bar at least at knee height to improve your foothold on the top step. Solid rubber feet ensure that the ladder will stand safely.

Pay attention
Look where you’re walking – don’t look at the display on your mobile phone!
No hustle and bustle! Focus on where you’re going, even if you are short of time.
Training for strength and balance!

Strong legs and well-trained balance will help prevent you from stumbling or slipping and prevent a fall. Everyone can include exercises in their everyday life or supplement previous training: stand on one leg while waiting for the coffee machine or when brushing your teeth. Stand on a rolled-up towel or the bfu’s balance disc (available at www.bfu.ch). This makes strength and balance exercises more effective.

Live safely: your bfu.

The bfu is committed to safety by public appointment. As the Swiss Competence Centre for Accident Prevention it conducts research in the sectors of road traffic, sport, home and leisure and passes on its knowledge to private individuals and specialist circles by means of consultancy, training sessions and communications. Find out more about accident prevention on the bfu website: www.bfu.ch.