

## Safety Tip of the Week

### Good Housekeeping Practices

# AFRH

Safety Office reminds everyone that good housekeeping goes a long way.



It has been widely reported that **falls cause injuries**, many of which is a result from poor housekeeping practices. Hence, the importance of keeping your apartment “picked up, packed up and put up” (the 3Ps).

- Falls are the leading cause of death due to injury among the elderly. 87% of all fractures in the elderly are due to falls.
- Falls account for 25% of all hospital admissions, and 40% of all nursing home admissions. 40% of those admitted do not return to independent living; 25% die within a year.
- Some falls do not result in injuries, yet many of non-injured fallers (47%) cannot get up without assistance.
- For the elderly who fall and are unable to get up on their own, the period of time spent immobile often affects their health outcome.
- Muscle cell breakdown starts to occur within 30-60 minutes of compression due to falling. Dehydration, pressure sores, hypothermia, and pneumonia are other complications that may result.
- Getting help after an immobilizing fall improves the chance of survival by 80% and increases the likelihood of a return to independent living.
- Up to 40% of people who have a stroke have a serious fall within the next year.

