

# Injury Prevention and the Home: Reducing Risk to Promote Better Health



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# Injury Prevention and the Home: Reducing Risk to Promote Better Health

- The definition of injury is physical damage to the body resulting from acute exposure to thermal, mechanical, electrical, or chemical energy or from the absence of such essentials such as heat or oxygen.

*National Committee for Injury Prevention and Control, 1989*

- Injuries are categorized by intent and mechanism (cause)

## 10 Leading Causes of Death by Age Group, United States – 2017

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Congenital Anomalies 4,580	Unintentional Injury 1,267	Unintentional Injury 718	Unintentional Injury 860	Unintentional Injury 13,441	Unintentional Injury 25,669	Unintentional Injury 22,828	Malignant Neoplasms 39,266	Malignant Neoplasms 114,810	Heart Disease 519,052	Heart Disease 647,457
2	Short Gestation 3,749	Congenital Anomalies 424	Malignant Neoplasms 418	Suicide 517	Suicide 6,252	Suicide 7,948	Malignant Neoplasms 10,900	Heart Disease 32,658	Heart Disease 80,102	Malignant Neoplasms 427,896	Malignant Neoplasms 599,108
3	Maternal Pregnancy Comp. 1,432	Malignant Neoplasms 325	Congenital Anomalies 188	Malignant Neoplasms 437	Homicide 4,905	Homicide 5,488	Heart Disease 10,401	Unintentional Injury 24,461	Unintentional Injury 23,408	Chronic Low. Respiratory Disease 136,139	Unintentional Injury 169,936
4	SIDS 1,363	Homicide 303	Homicide 154	Congenital Anomalies 191	Malignant Neoplasms 1,374	Heart Disease 3,681	Suicide 7,335	Suicide 8,561	Chronic Low. Respiratory Disease 18,667	Cerebro-vascular 125,653	Chronic Low. Respiratory Disease 160,201
5	Unintentional Injury 1,317	Heart Disease 127	Heart Disease 75	Homicide 178	Heart Disease 913	Malignant Neoplasms 3,616	Homicide 3,351	Liver Disease 8,312	Diabetes Mellitus 14,904	Alzheimer's Disease 120,107	Cerebro-vascular 146,383
6	Placenta Cord. Membranes 843	Influenza & Pneumonia 104	Influenza & Pneumonia 62	Heart Disease 104	Congenital Anomalies 355	Liver Disease 918	Liver Disease 3,000	Diabetes Mellitus 6,409	Liver Disease 13,737	Diabetes Mellitus 59,020	Alzheimer's Disease 121,404
7	Bacterial Sepsis 592	Cerebro-vascular 66	Chronic Low. Respiratory Disease 59	Chronic Low Respiratory Disease 75	Diabetes Mellitus 248	Diabetes Mellitus 823	Diabetes Mellitus 2,118	Cerebro-vascular 5,198	Cerebro-vascular 12,708	Unintentional Injury 55,951	Diabetes Mellitus 83,564
8	Circulatory System Disease 449	Septicemia 48	Cerebro-vascular 41	Cerebro-vascular 56	Influenza & Pneumonia 190	Cerebro-vascular 593	Cerebro-vascular 1,811	Chronic Low. Respiratory Disease 3,975	Suicide 7,982	Influenza & Pneumonia 46,862	Influenza & Pneumonia 55,672
9	Respiratory Distress 440	Benign Neoplasms 44	Septicemia 33	Influenza & Pneumonia 51	Chronic Low. Respiratory Disease 188	HIV 513	Septicemia 854	Septicemia 2,441	Septicemia 5,838	Nephritis 41,670	Nephritis 50,633
10	Neonatal Hemorrhage 379	Perinatal Period 42	Benign Neoplasms 31	Benign Neoplasms 31	Complicated Pregnancy 168	Complicated Pregnancy 512	HIV 831	Homicide 2,275	Nephritis 5,671	Parkinson's Disease 31,177	Suicide 47,173

Data Source: National Vital Statistics System, National Center for Health Statistics, CDC.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



## 10 Leading Causes of Injury Deaths by Age Group Highlighting Unintentional Injury Deaths, United States – 2017

Rank	Age Groups										Total
	<1	1-4	5-9	10-14	15-24	25-34	35-44	45-54	55-64	65+	
1	Unintentional Suffocation 1,106	Unintentional Drowning 424	Unintentional MV Traffic 327	Unintentional MV Traffic 428	Unintentional MV Traffic 6,697	Unintentional Poisoning 16,478	Unintentional Poisoning 15,032	Unintentional Poisoning 14,707	Unintentional Poisoning 10,581	Unintentional Fall 31,190	Unintentional Poisoning 64,795
2	Homicide Unspecified 139	Unintentional MV Traffic 362	Unintentional Drowning 125	Suicide Suffocation 280	Unintentional Poisoning 5,030	Unintentional MV Traffic 6,871	Unintentional MV Traffic 5,162	Unintentional MV Traffic 5,471	Unintentional MV Traffic 5,584	Unintentional MV Traffic 7,667	Unintentional MV Traffic 38,659
3	Unintentional MV Traffic 90	Homicide Unspecified 129	Unintentional Fire/Burn 94	Suicide Firearm 185	Homicide Firearm 4,391	Homicide Firearm 4,594	Suicide Firearm 3,098	Suicide Firearm 3,937	Suicide Firearm 4,219	Suicide Firearm 5,996	Unintentional Fall 36,338
4	Homicide Other Spec., Classifiable 76	Unintentional Suffocation 110	Homicide Firearm 78	Homicide Firearm 126	Suicide Firearm 2,959	Suicide Firearm 3,458	Suicide Suffocation 2,562	Suicide Suffocation 2,294	Unintentional Fall 2,760	Unintentional Unspecified 5,125	Suicide Firearm 23,854
5	Undetermined Suffocation 56	Unintentional Fire/Burn 95	Unintentional Suffocation 36	Unintentional Drowning 110	Suicide Suffocation 2,321	Suicide Suffocation 3,063	Homicide Firearm 2,561	Suicide Poisoning 1,604	Suicide Suffocation 1,631	Unintentional Suffocation 3,920	Homicide Firearm 14,542
6	Unintentional Drowning 43	Unintentional Pedestrian, Other 88	Unintentional Other Land Transport 25	Unintentional Other Land Transport 66	Unintentional Drowning 469	Undetermined Poisoning 887	Suicide Poisoning 1,089	Homicide Firearm 1,447	Suicide Poisoning 1,459	Adverse Effects 2,902	Suicide Suffocation 13,075
7	Undetermined Unspecified 37	Homicide Other Spec., Classifiable 49	Homicide Suffocation 15	Unintentional Fire/Burn 56	Suicide Poisoning 463	Suicide Poisoning 788	Undetermined Poisoning 792	Unintentional Fall 1,248	Homicide Firearm 824	Unintentional Poisoning 2,871	Unintentional Suffocation 6,946
8	Homicide Suffocation 26	Homicide Firearm 44	Homicide Cut/pierce 14	Suicide Poisoning 39	Undetermined Poisoning 280	Unintentional Drowning 479	Unintentional Fall 522	Undetermined Poisoning 887	Unintentional Suffocation 811	Unintentional Fire/Burn 1,278	Unintentional Unspecified 6,606
9	Unintentional Natural/Environment 18	Unintentional Natural/Environment 34	Unintentional Firearm 14	Unintentional Poisoning 39	Homicide Cut/pierce 266	Homicide Cut/Pierce 404	Unintentional Drowning 397	Unintentional Drowning 451	Adverse Effects 773	Suicide Poisoning 1,111	Suicide Poisoning 6,554
10	<u>Three Tied</u> 16	Unintentional Firearm 31	<u>Two Tied</u> 13	Unintentional Suffocation 35	Unintentional Fall 212	Unintentional Fall 351	Homicide Cut/Pierce 337	Unintentional Suffocation 441	Undetermined Poisoning 732	Suicide Suffocation 919	Adverse Effects 4,459

Data Source: National Center for Health Statistics (NCHS), National Vital Statistics System.  
Produced by: National Center for Injury Prevention and Control, CDC using WISQARS™.



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

# Injury Prevention and the Home: Reducing Risk to Promote Better Health

- Injuries at home and at play are not accidents.
- They can be prevented.
- CDC focuses on the science behind making people safe – work (1) to prevent leading causes of injuries and (2) to ensure that all people have safe and healthy homes and places to play.

# Injury Prevention and the Home: CT DPH Office of Injury and Violence Prevention

- **The Office of Injury & Violence Prevention was established in 1993 under State statute, Sec. 19a-41 Office of Injury Prevention.**

*There shall be, within the Department of Public Health, an Office of Injury Prevention, whose purpose shall be to coordinate and expand prevention and control activities related to intentional and unintentional injuries.*

- **Promotes environmental and policy change initiatives to prevent injury, death, and disability**



**Connecticut Department of Public Health**  
*Keeping Connecticut Healthy*



# CT DPH Office of Injury and Violence Prevention (OIVP)

The mission of the Connecticut Department of Public Health's Office of Injury & Violence Prevention is to promote a safe and healthy Connecticut by reducing factors associated with intentional (e.g. homicide, suicide, sexual assault), unintentional (e.g. falls and motor vehicle crashes), and occupational injury.

# CT DPH Office of Injury and Violence Prevention (OIVP): Primary Activities

- Observing and addressing rates of injuries in work environments, homes, schools, communities, on the roads, and at play areas.
- Overseeing community-based programs (conducted by contractors) that address risk and resiliency factors associated with injury.
- Implementing strategies to decrease injury.
- Educating and raising awareness about injury and violence prevention.
- Statewide collaboration focused on combating the ongoing prescription and illicit drug overdose epidemic.



# CT DPH Office of Injury and Violence Prevention (OIVP)

## Focus Areas and Programs

- Opioids and Drug Overdose Prevention Program
- Sexual Violence Prevention Program
- Suicide and Self-Directed Violence Prevention Program
- CT Violent Death Reporting System (CTVDRS)
- Falls Prevention
- Traffic and Motor Vehicle Crash Injury Prevention
- Concussions and Traumatic Brain Injury Prevention

# Injury Prevention and the Home: Reducing Risk to Promote Better Health

How does this all fit into a Healthy Home?

# Injury Prevention and the Home: CT Healthy Homes Assessment Checklist

- Form available online: [https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental\\_health/HH/CTDPHAssessmentForm.pdf.pdf?la=en](https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/dph/environmental_health/HH/CTDPHAssessmentForm.pdf.pdf?la=en)
- Page 3 – “General Home Safety”

General Home Safety <i>* can indicate housing, building or fire code violation</i>			
Stair Railings/Porches/Ramps*	<input type="checkbox"/> Railings in good condition, secure	<input type="checkbox"/> Broken, insecure: damaged, loose, unusable <input type="checkbox"/> Refer to appropriate authority	<input type="checkbox"/> Missing
Steps/Stairs*	<input type="checkbox"/> Not broken or missing	<input type="checkbox"/> One or more broken or missing <input type="checkbox"/> Refer to appropriate authority	<input type="checkbox"/> Does not apply. No steps.

General Home Safety * can indicate housing, building or fire code violation			
Stair Railings/Porches/Ramps*	<input type="checkbox"/> Railings in good condition, secure	<input type="checkbox"/> Broken, insecure: damaged, loose, unusable	<input type="checkbox"/> Missing  <input type="checkbox"/> Refer to appropriate authority
Steps/Stairs*	<input type="checkbox"/> Not broken or missing	<input type="checkbox"/> One or more broken or missing <input type="checkbox"/> Refer to appropriate authority	<input type="checkbox"/> Does not apply. No steps.
Step/Stair/Floor Covering	<input type="checkbox"/> No covering on stairs or floors	<input type="checkbox"/> Covering on stairs and/or floors is firmly attached and is in good condition	<input type="checkbox"/> Covering on stairs and/or floor not firmly attached or is in poor condition
Exits/Stairs/walkways kept clear*	<input type="checkbox"/> Kept clear	<input type="checkbox"/> Tripping hazards, other obstructions present <input type="checkbox"/> Refer to appropriate authority	
Stairwell Lighting*	<input type="checkbox"/> Light present at top and bottom of stairs		<input type="checkbox"/> Light not present at top and bottom of stairs <input type="checkbox"/> Refer to appropriate authority
Hallway lighting	<input type="checkbox"/> Adequate, present		<input type="checkbox"/> Inadequate, not present
Living Area Lighting	<input type="checkbox"/> Adequate, present		<input type="checkbox"/> Inadequate, not present
Family fire escape plan	<input type="checkbox"/> Developed and copy is available		<input type="checkbox"/> None
Matches and lighters stored	<input type="checkbox"/> Out of children's reach	<input type="checkbox"/> Within children's reach	<input type="checkbox"/> No matches/lighters present
Bathtub/Shower Non-Slip	<input type="checkbox"/> Non-slip surface present		<input type="checkbox"/> Non-slip surface not present
Bathroom Grab Bars	<input type="checkbox"/> Installed	<input type="checkbox"/> Not installed	<input type="checkbox"/> N/A - No older adult
Poison control number (1-800-222-1222)	<input type="checkbox"/> Posted by phone	<input type="checkbox"/> Not posted by phone	<input type="checkbox"/> Number programmed into cell phone
Cleaning supplies, pesticides, other chemicals stored	<input type="checkbox"/> Out of children's reach	<input type="checkbox"/> Within children's reach	<input type="checkbox"/> N/A no children
Medicine and vitamins stored	<input type="checkbox"/> Out of children's reach	<input type="checkbox"/> Within children's reach	<input type="checkbox"/> N/A no children
*Maximum hot water temperature	<input type="checkbox"/> ____ °F (Greater than 120 °F = scalding risk)		<input type="checkbox"/> No hot water <input type="checkbox"/> Refer to appropriate authority
Stair Gates	Present: <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Top <input type="checkbox"/> Bottom	Secured to wall: <input type="checkbox"/> Top <input type="checkbox"/> Bottom	<input type="checkbox"/> N/A - no child <6 lives there or there are no stairs
Window guards (above 1 <sup>st</sup> floor)	<input type="checkbox"/> Yes and operational		<input type="checkbox"/> None or broken <input type="checkbox"/> N/A no children or first floor dwelling unit only
Windowblind cords	<input type="checkbox"/> Cordless window treatments used	<input type="checkbox"/> Split cord or cord repair devices installed	<input type="checkbox"/> Looped or can loop (accessible to children) Location: _____ <input type="checkbox"/> N/A no children
Electrical Plate Covers	<input type="checkbox"/> Installed, good condition	<input type="checkbox"/> Cover is missing (exposed wiring)	<input type="checkbox"/> Cover is broken
Child Tamper-Resistant Outlet Covers	<input type="checkbox"/> Tamper-resistant outlet covers present		<input type="checkbox"/> No tamper-resistant outlet covers <input type="checkbox"/> N/A no children
Extension Cord Use <i>(Proper Use: Extension cords not draped across doorways or under carpets and not overloaded with too many appliances)</i>	<input type="checkbox"/> Extension cords used properly		<input type="checkbox"/> Extension cords not used properly <input type="checkbox"/> None used
Extension Cord Condition	<input type="checkbox"/> Good: Extension cords not cracked or frayed	<input type="checkbox"/> Not good: Extension cords cracked or frayed	<input type="checkbox"/> None used

# *Falls Prevention*



# *Falls Prevention*

**Robin Tousey-Ayers, MHSA, PT**  
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**CT Department of Public Health**

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**Public Health Nurse**  
**West Hartford-Bloomfield Health District**

# *Falls Prevention*

***Falls are not an Accident!***

# CDC Falls Prevention & STEADI

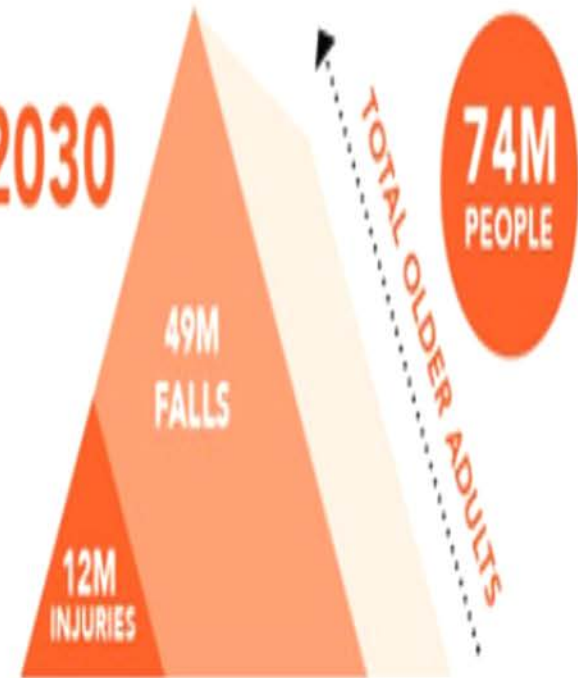
## OLDER ADULT FALLS A Growing Burden

**STEADI** Stopping Elderly  
Accidents, Deaths & Injuries

2014



2030





# *CDC Falls Prevention & STEADI*

## **Stopping Elderly Accidents, Deaths and Injuries**

also known as **The STEADI Initiative**

offers a coordinated approach to implementing

the [American and British Geriatrics Societies' Clinical](#)

[Practice Guideline External](#) for fall prevention.



**Connecticut Department of Public Health**  
*Keeping Connecticut Healthy*



# *CDC Falls Prevention & STEADI*

## **STEADI consists of three core elements:**

- **Screen** patients for fall risk,
- **Assess** modifiable risk factors, and
- **Intervene** to reduce risk by using effective clinical and community strategies.

**Combined, these elements can have a substantial impact on reducing falls, improving health outcomes, and reducing healthcare expenditures.**

# *Falls Prevention Objectives*

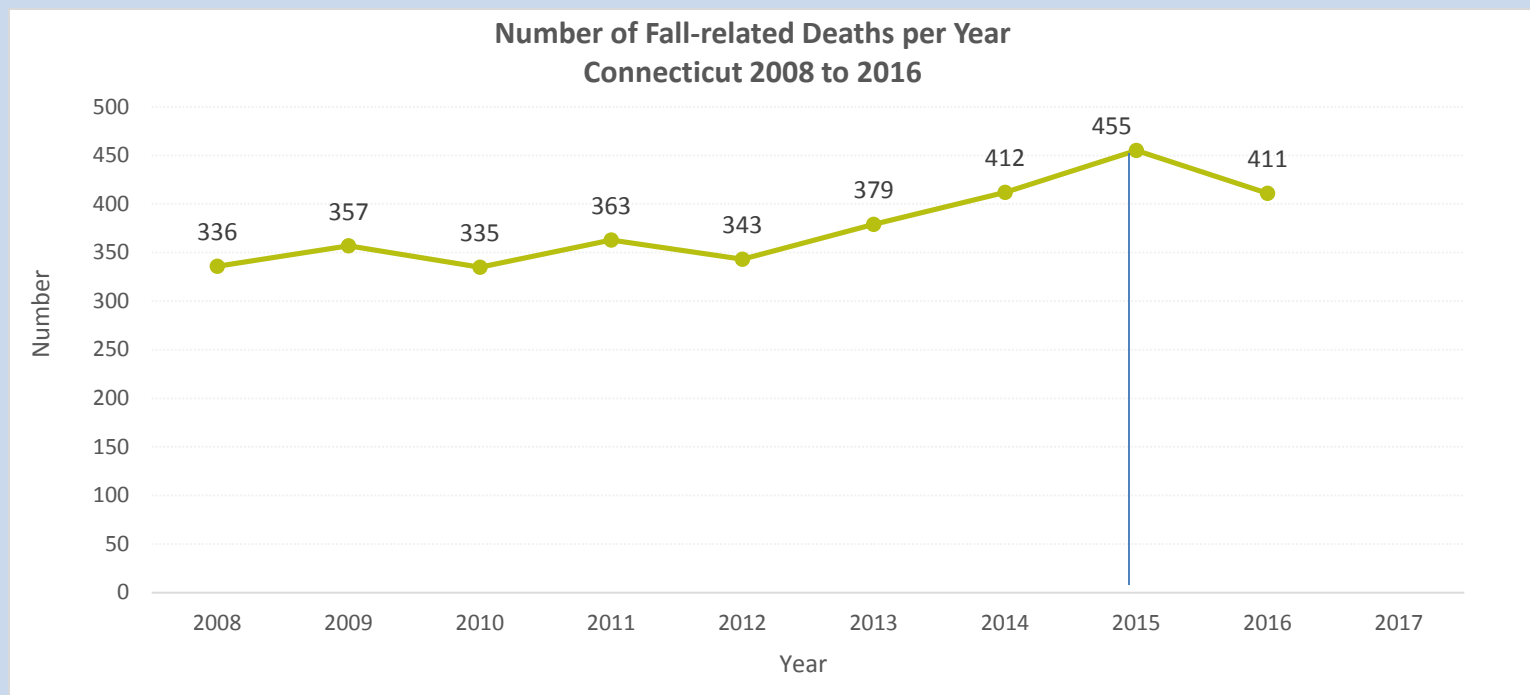
**Falls Prevention,  
especially in older adults,  
is a priority for the  
Connecticut Department of Public Health**

# Falls Prevention Objectives

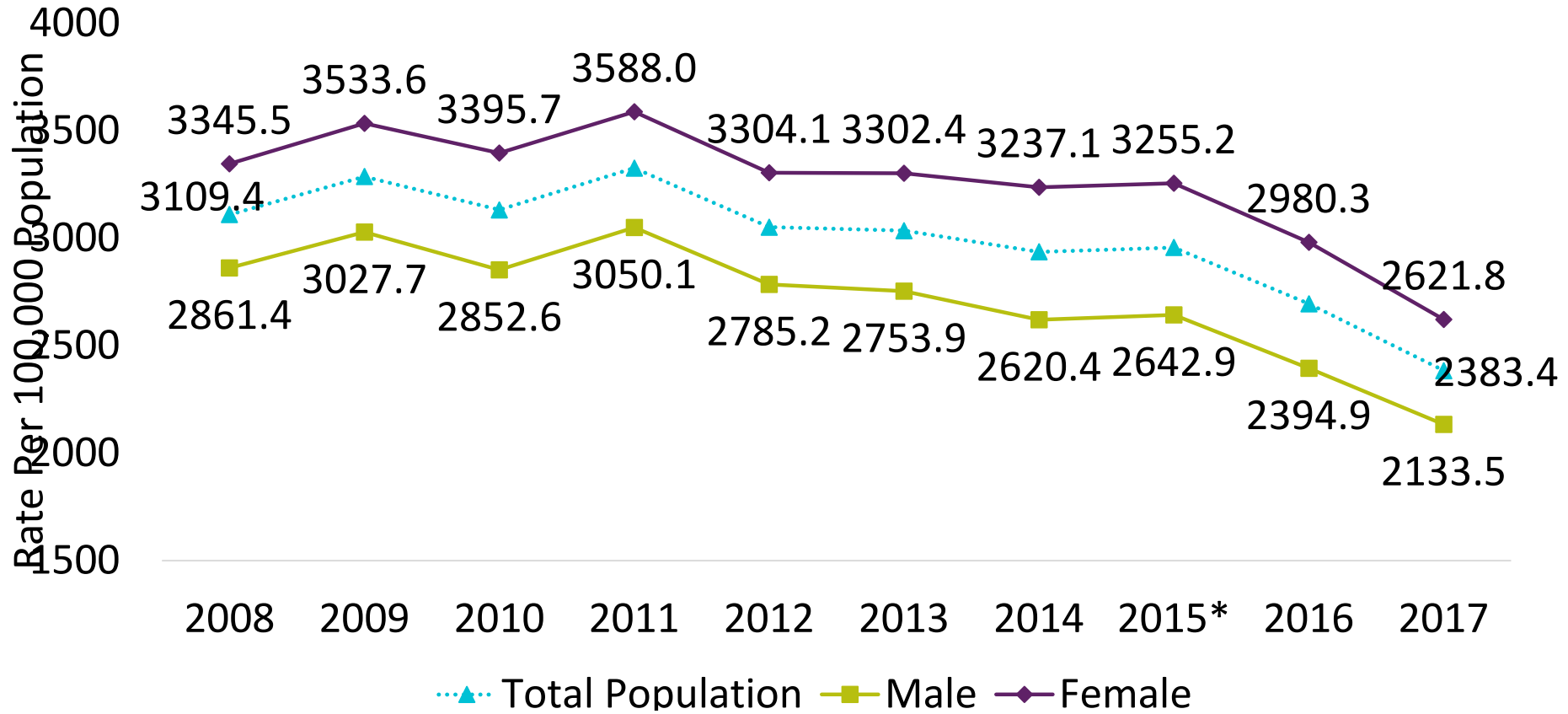
- **Healthy People 2020:**
  - **IVP-23:** Prevent an increase in fall-related deaths
  - **IVP-23.2:** Prevent an increase in fall-related deaths among adults aged 65 years and older
- **Healthy Connecticut 2020 - SHIP:**
  - **OBJECTIVE IV-1:** Decrease by 10% the number of fall-related *deaths* among persons of all ages
  - **OBJECTIVE IV-2:** Reduce by 10% the number of fall-related *Emergency Department* visits among persons of all ages

# Falls Prevention Objectives

During the last decade, the number of deaths due to falls among persons of all ages in CT increased from 336 (2008) to 455 (2015) and then declined to 411 (2016).\*



# Rate of People Who Were Seen at the Emergency Department or Admitted to the Hospital as a Result of an Unintentional Fall per 100,000 Population, Overall and by Sex, Connecticut, 2008-2017

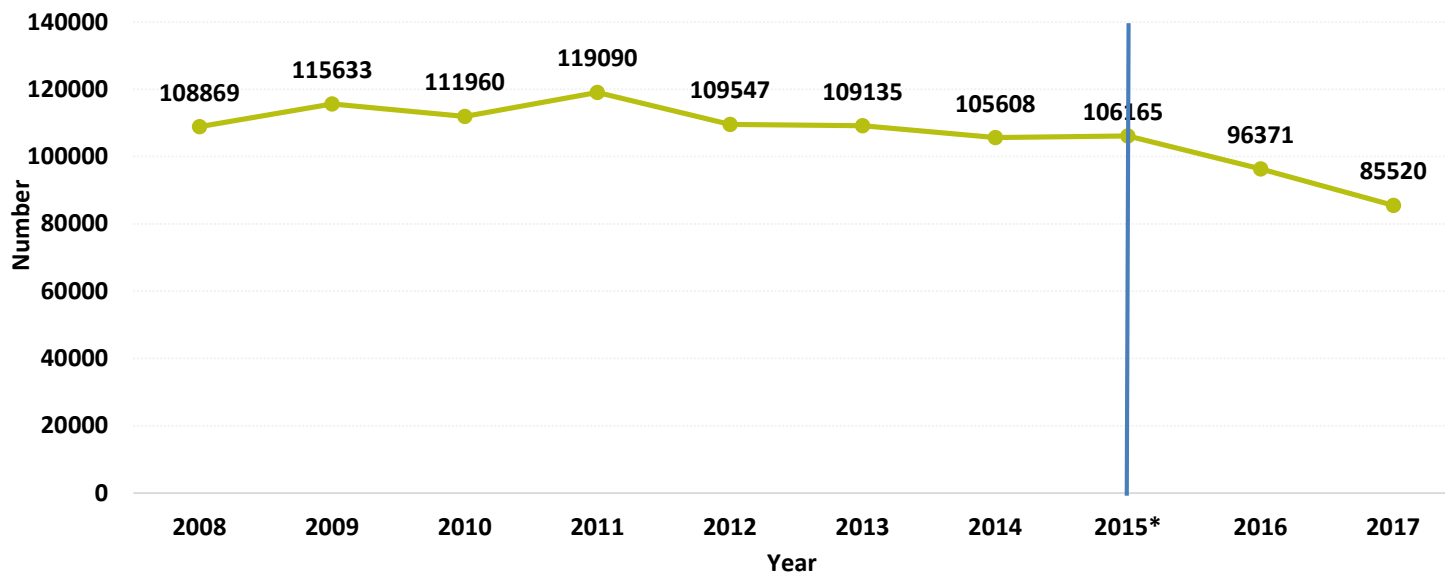


Connecticut Inpatient Hospitalization and Emergency Department Visit Dataset, 2008 -2017. *The vertical line is the break line where the diagnosis codes were converted from ICD9 to ICD10 (as of October 1, 2015).*

# Falls Prevention Objectives

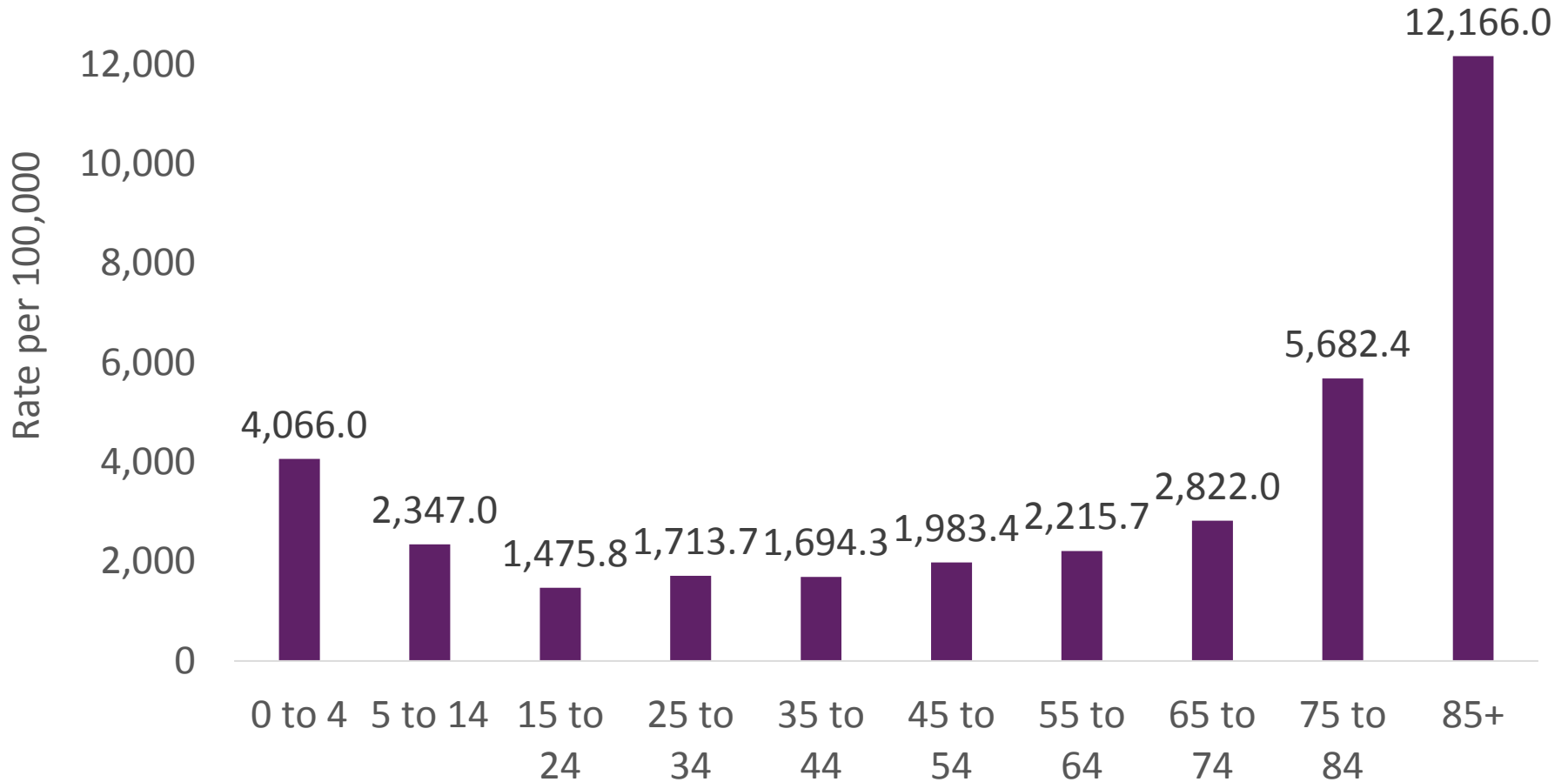
During the last decade (2008-2017), the number of people seen at the ED as result of an Unintentional Fall Per Year in Connecticut, declined from 108,869 to 85,520.\*

Number of people seen at the ED as result of an Unintentional Fall Connecticut, 2008 to 2017



# Rate of Unintentional Fall-Related Emergency Department Visits and Hospitalizations per 100,000 Population, by Age Group, Connecticut, 2016-2017

Connecticut Inpatient Hospitalization and Emergency Department Visit Dataset, 2016–2017

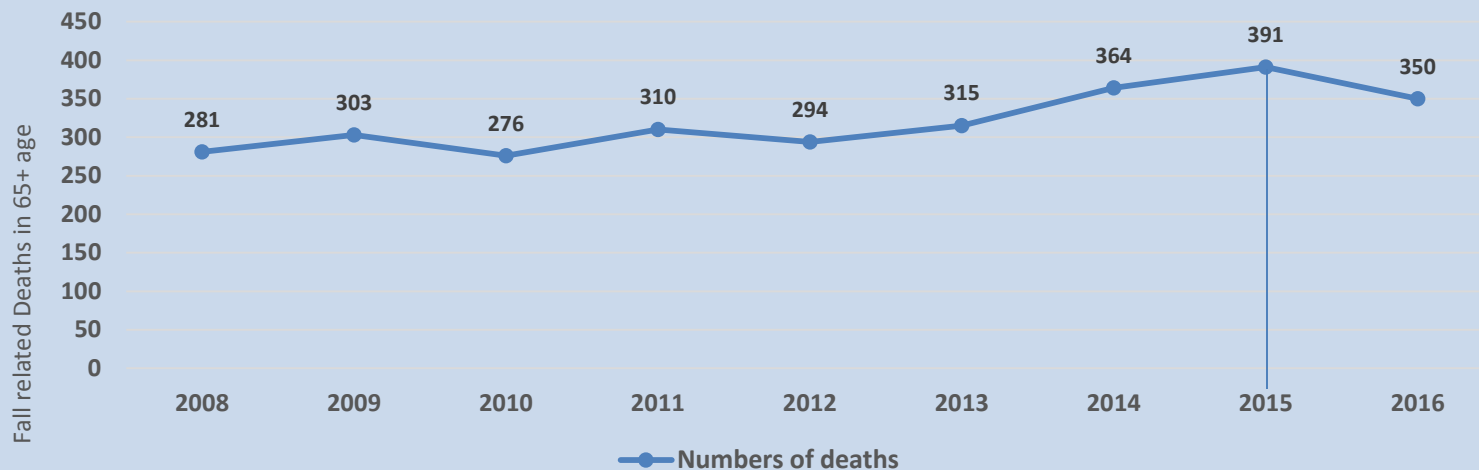




# Falls Prevention Objectives

During the last decade, the number of deaths due to falls among older adults (65+) in CT increased from 281(2008) to 391 (2015) and then declined to 350 (2016).\*

Fall Related Mortality Numbers in 65+ year Age People in Connecticut  
(2008-2016)



# *Falls Prevention Programs*

**Target Population:  
Community-dwelling adults  
age 65 yrs and older**

**Partners:  
Local Health Departments/Districts**

# *Falls Prevention Strategy*

**Promote implementation of evidence-based multi-faceted programs for community dwelling older adults that integrate falls risk reduction strategies.**

# *Falls Prevention Activities*

**Community awareness programs  
including falls prevention information  
and educational materials.**

# Better Balance Day

## Renewed Grant from CT Department of Public Health Helps Westbrook Seniors Avoid Falls



Connecticut Department of Public Health  
*Keeping Connecticut Healthy*



# *Falls Prevention Activities*

## **Fall Prevention Exercise Programs for Older Community-Dwelling Adults**

# *Falls Prevention Exercise Programs*

- **Adoption of “Matter of Balance”(MOB) or “Tai Ji Quan Moving for Better Balance” (TJQMBB) evidence-based programs as central component of falls prevention initiative.**
- **Conduct programs at senior centers and independent/assisted living facilities.**

# Department of Aging and Disability Services State Unit on Aging

## Sarah Gauger, MPH

Field Representative ~ Prevention & Wellness Coordinator

Department of Aging and Disability Services (ADS)

State Unit on Aging

55 Farmington Avenue 12<sup>th</sup> Floor, Hartford CT 06105

860.424.5233

[www.ct.gov/aging](http://www.ct.gov/aging)





# Department of Aging and Disability Services

## State Unit on Aging

- **Connecticut's Commitment to Fall Prevention**
  - Section 17a-303a—Establishes fall prevention program through State Health Insurance Fund
  - Yale CT Collaboration for Fall Prevention
- **Multi-faceted Approach to Fall Prevention**
  - VNA's South Central, Northwest, Eastern Regions Clinical Assessments triage to Evidence Based community based interventions (TJQMBB, MOB)
  - Local Health Departments & Districts – Fall Prevention Education and Awareness

# Department of Aging and Disability Services

## State Unit on Aging

### **ADS – Statewide Fall Prevention Initiative**

#### **– State Department of Public Health**

- CT SHIP Injury & Violence Prevention Action Team
- Partner/Fall Prevention Initiatives
- Statewide Mapping Project – TJQMBB & Matter of Balance

#### **– CT Healthy Living Collective (CHLC)**

- Mission – Access to Healthy Living Programs
- Senior Center Collaborative - TJQMBB

# Department of Aging and Disability Services

## State Unit on Aging

### ADS – Statewide Fall Prevention Initiative

- **Sustainability**

- Small Grant Seed Funds – CT Fall Prevention Initiative, Title IID, Local Funding
- Centralized TA and Support – State Unit on Aging/CT Healthy Living Collective
- Make the Connection – State to Local Level
- Commitment to Fall Prevention for Clients and Community

# Department of Aging and Disability Services State Unit on Aging

## Newington Senior and Disabled Center



# *Falls Prevention Contract Activities*

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# *Falls Prevention Activities*

- **Develop and implement falls risk surveys, gait/balance assessments, and home safety assessments – identify falls hazards and offer solutions for correction that are then observed during follow-up home visits.**
- **Medication safety and review programs.**

# Results of Home Safety Assessments

	# Home Assessments	Average Age	Race	# Falls Past Year	# Hazards	Type Hazard Identified (most common)	# Corrected	Type Hazard Corrected (most common)	Percent Corrected
<b>TOTALS</b>	88	73.5	W/AA/H	66	208	BATHROOM	129	BATHROOM	62%

# Check for Safety

## A Home Fall Prevention Checklist for Older Adults



Contact your local community or senior center for information on exercise, fall prevention programs, or options for improving home safety.

For additional information on fall prevention, visit [go.usa.gov/xN9XA](https://www.go.usa.gov/xN9XA)



Centers for Disease  
Control and Prevention  
National Center for Injury  
Prevention and Control

**STEADI**

Stopping Elderly Accidents,  
Deaths & Injuries



## Use this checklist to find and fix hazards in your home.

### STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

### FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

### KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

### BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

### BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.



# Falls Prevention



# Falls Prevention



# Injury Prevention and the Home: Other Topics

- Other Home Safety Measures (smoke and carbon monoxide alarms, clear the clutter, address rodents and insects)
- Water safety and drowning prevention – pools, bathtubs, other bodies of water
- Child safety – safe sleep, cordless blinds and shades or tie the cords out of reach of children, place covers on electrical outlets, and use stair gates at the top and bottom of stairs, use safe cleaning and pest control products (lock and store safely), keep prescription and over-the-counter medications away from children

My Baby is a **Safe Sleeper**

**Baby on Back for Sleep.**

**Tummy for Play.**

# Make sure your Baby is a Safe Sleeper

## Baby on Back for Sleep.

- ★ Baby sleeps on their back, in their own crib, even for naps.
- ★ Baby sleeps without blankets, toys, bumpers or pillows.
- ★ Baby does not sleep with people. Sleeping with people puts Baby at risk for being rolled on and smothered.

**Tummy for Play.**

**POISON**  
**Help**  
 1-800-222-1222

**NEVER LEAVE WATER ALONE**

**WITH A CHILD**

**Watch children near or in the water.**  
**Teach children to swim.**

More than 900 children drown in the US each year.

For further information, go to:  
<https://ctcwcs.com/water-safety-for-kids>

American Academy of Pediatrics  
 ASSOCIATED BY THE HEALTH CARE COMMUNITY  
 United Health Care Group

10 YEARS  
 DPH  
 SAFE KIDS  
 211

**NEVER LEAVE WATER ALONE**

**WITH A CHILD**

**More than 900 children drown in the US each year.**

- Practice constant supervision of young children!
- Nearly half of all drowning deaths are children under 4 years old.

For further information, go to:  
<https://ctcwcs.com/water-safety-for-kids>

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# Injury Prevention and the Home: Child Safety and Safe Firearm Storage

- If a firearm is kept in the home, it should be stored unloaded and locked in a secure container— inaccessible to children.
- Two new 2019 CT laws support safe firearm storage:
  - ‘Ethan’s Law’ – An Act concerning the Safe Storage of Firearms in the Home and Firearm Safety Programs in Public Schools (House Bill 7218)
  - An Act Concerning the Storage of a Pistol or Revolver in a Motor Vehicle (House Bill 7223)



A PROGRAM OF THE NATIONAL SHOOTING SPORTS FOUNDATION  
<https://www.projectchildsafe.org/>

# Injury Prevention and the Home: Suicide Prevention and Lethal Means Restriction

## Why It's Important

- Many suicide attempts take place during a short-term crisis, so it is important to consider a person's access to lethal means during these periods of increased risk.
- Access to lethal means is a risk factor for suicide.
- Reducing access to lethal means saves lives.



Suicide Prevention  
Resource Center  
[www.sprc.org](http://www.sprc.org)

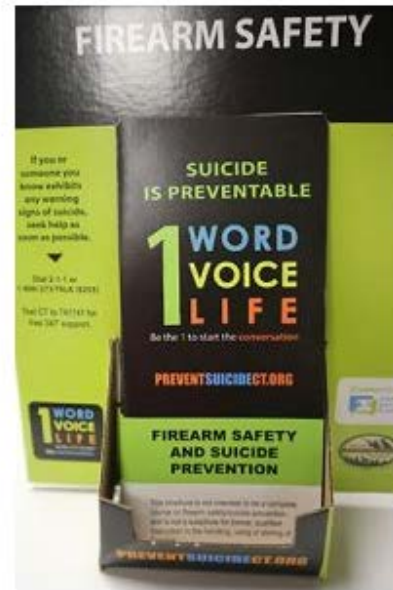
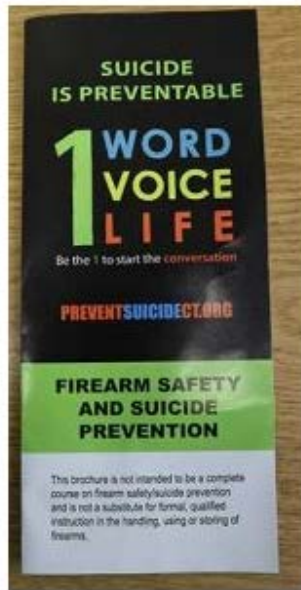


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## FIREARM SAFETY AND SUICIDE MATERIALS

- Firearm Safety and Suicide Prevention Brochure
- Firearm Safety and Suicide Prevention Magnet
- Firearm Safety and Suicide Prevention Sticker
- Your Guide to Firearms and Permits in Connecticut



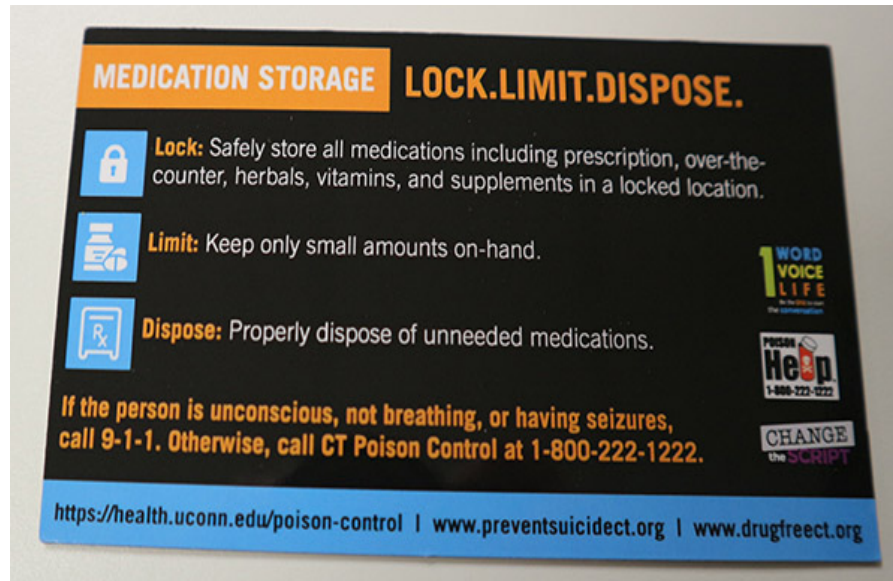
Injury Prevention  
and the Home:  
Firearm Safety



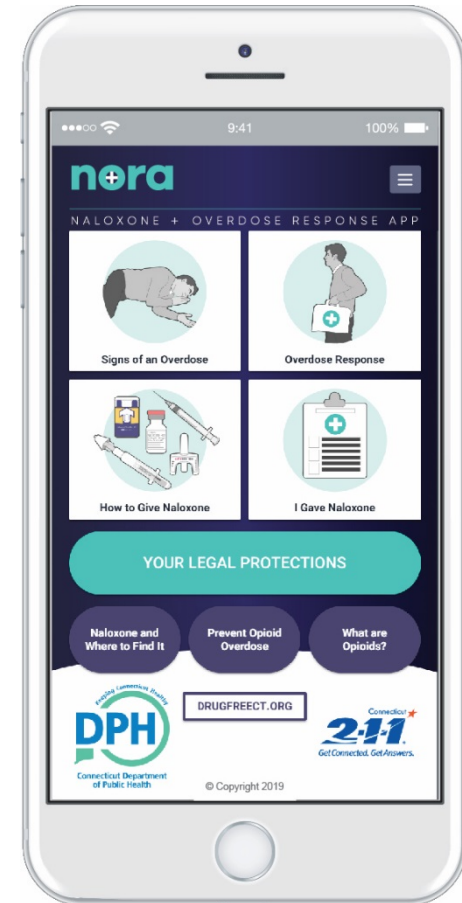
Firearm Safety Materials available for free at:  
<https://www.preventsuicidect.org/materials/>



# Injury Prevention and the Home: Poisoning and Overdose Prevention



Medication Storage Magnet available for free at: [www.preventsuicidect.org/materials/](http://www.preventsuicidect.org/materials/)



[www.norasaves.com](http://www.norasaves.com)



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# Injury Prevention and the Home: Additional Connecticut Resources

- Other mental health-related or safety concerns, for example:
  - Hoarding
  - Domestic Violence

HELP IS AVAILABLE...



Domestic Violence Hotline  
**888.774.2900**  
Confidential, Safe, Free

cca|DV  
Connecticut Coalition Against Domestic Violence



## Crisis Services

- Are you feeling suicidal?
- Are you or your child experiencing an emotional crisis?
- Are you looking for a support group?
- Do you need inpatient mental health treatment?
- Do you need inpatient mental health treatment for a child?
- Do you need psychological assessment or testing?
- Have you been sexually assaulted?

# Injury Prevention and the Home: Data Resources

- DPH Performance Dashboard
  - Link on DPH home page to the Healthy CT 2020 Performance Dashboard > Focus Area 5: Injury and Violence Prevention
- [Injury in Connecticut Data Book](#) for injury and violence-related deaths, hospitalizations, and emergency department visits, 2008-2013 – *pending updates*
- Contact the Injury and Violence Surveillance Unit, Director/Epidemiologist, for data requests for your city/town, health district, and/or county – provide specific data being requested and at least two (2) weeks notice. [Susan.Logan@ct.gov](mailto:Susan.Logan@ct.gov)

## Contact Information

For more information, please call the  
Connecticut Department of Public Health (DPH)  
Office of Injury and Violence Prevention: (860) 509-8251  
or visit our web site: [www.ct.gov/dph/injuryprevention](http://www.ct.gov/dph/injuryprevention)  
or email us at:  
[amy.mirizzi@ct.gov](mailto:amy.mirizzi@ct.gov)  
[robin.tousey-ayers@ct.gov](mailto:robin.tousey-ayers@ct.gov)



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