

It takes on average less than two seconds from the moment you slip until you hit the ground. That's precious little time to react. In that instant, the risk is an injury to your head, wrist, hip, ankle or shoulder.

There is no way to prevent falls entirely. If you do fall, you should:

- * **Protect your head as much as possible.** If you hit your head during a fall, follow up with your primary care provider as soon as possible.
- * **Check yourself for injuries.** If you feel injured, look for someone to help you get up. You could get hurt again if you try to get up by yourself.
- * **If you are not hurt, try to get up safely.** It is safest to move slowly, get to your hands and knees, and look for a sturdy object to help pull yourself up.



“It’s important that individuals recognize the hazards of slippery surfaces”