



*The Maryland State Medical Society*

**News: For Immediate Release**

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## **JUNE IS NATIONAL SAFETY MONTH**

BALTIMORE, June 9, 2017 — June is National Safety Month and aims to bring national attention to accident prevention by calling attention to common safety and health risks.

To help protect against accidental falls, both at home and at work:

- Make sure aisles, stairs and walkways are clutter-free; spills should be wiped, dropped objects picked up and cabinet drawers closed when not in use.
- Use handrails in stairways; take one step at a time and report or repair broken stairs or loose stair coverings.
- Apply nonskid floor coatings and slip-resistant mats where falls are likely. Slow down and take small steps when walking on a wet or slippery surface.
- Inspect ladders before and after every use.

Some specific tips for aging adults include:

- Wearing proper footwear. Athletic shoes greatly reduce the risk of falls among the elderly. The risk of falling increases if in stocking feet or barefoot.
- Using non-skid throw rugs to reduce chances of slipping on linoleum.
- Storing frequently used items in easy-to-reach areas.
- Exercising regularly. The stronger the body, the more likely a person is to sustain a fall with minimal injury.

MedChi President, Dr. Stephen Rockower, states “following these tips can help promote safety around the home, on the road, and at the workplace. As an Orthopaedic Surgeon, I don't want to have to take care of you. Let's not meet by accident.”

For more information, visit [www.medchi.org](http://www.medchi.org).

### About MedChi

MedChi, The Maryland State Medical Society, is a non-profit membership association of Maryland physicians. Formed in 1799, it is still the largest physician organization in Maryland today. The mission of MedChi is to serve as Maryland's foremost advocate and resource for physicians, their patients and the public health of Maryland. For more information, please visit [www.medchi.org](http://www.medchi.org).