

Slip and Fall Accidents Can Be Serious

Although they are a staple of comedy and often we even laugh at ourselves when we stagger unexpectedly or fall down, a [slip and fall accident](#) can be a very serious matter, frequently resulting in serious injury or even death. Here are some sobering statistics, taken from the Bureau of Labor Statistics, and the National Safety Council:

- Falls account for a full 25% of serious injuries that occur in the workplace.
- The average cost of a slip and fall accident injury is \$28,000.
- Falls are responsible for a 104 million lost workdays in the U.S. every year.
- Slip and fall accidents kill more workers than all other workplace accidents combined.
- Falls are the single biggest cause for trips to the Emergency Room.
- 70% of falls occur on level ground.
- 55% of people over the age of forty suffer a debilitating slip and fall accident.
- Falls are the second leading cause of accidental death and disability, following only car accidents.
- Personal injury claims from falls cost the U.S. \$36 billion dollars a year.
- One in three Americans over the age of 65 suffers a slip and fall accident every year and of that group, 30% are moderately to severely injured.
- Approximately 17,000 Americans die every year from a slip and fall accident.

As you can see, a slip and fall accident is not really a laughing matter. They often result in a very high financial cost as well as extreme pain and suffering. The elderly are especially at risk, and most nursing home injuries are the result of falls. We all need to be vigilant to try and prevent slip and fall accidents.

Falls occur for many different reasons, many of which could be prevented with common sense and care. Your foot can lose traction on an unexpectedly slippery surface, because the ground or flooring rises, even slightly, or drops away. Rough patches can cause you to slip. Poor lighting conditions, making changes in the flooring or other ground surface difficult to see can cause the slip and fall accident. It's equally as important for the person walking to watch where he or she is going as it is for the owner of the flooring or sidewalk to maintain good visibility and clean up spills or promptly repair unexpected rough or bumpy areas.

If you do find yourself falling, there is a preferred way to do it so you will minimize the risk of injury. The current recommendations are to turn your head, tuck in your chin and throw up an arm. It's better to land on your arm than your head. Twist your body to the side as you fall, as it's better to land on your side than on your back. Do not try to break your fall with your hands; it's better to have as many square inches of your body as possible absorb the impact of the fall.

If in spite of thoughtful precautions, if you should ever suffer personal injury from a slip and fall accident, it's important that you quickly contact a [slip and fall lawyer](#), who has the specialized knowledge necessary to handle your case. As in all other personal injury cases, car accidents or other accident claims, never speak with an insurance adjuster until you have met with a good personal injury attorney.

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