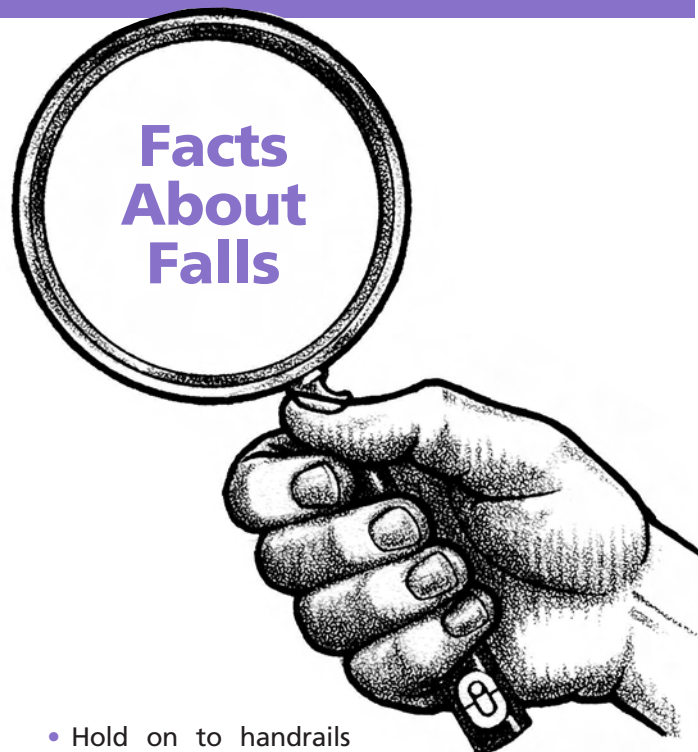




CONSUMER CLOSE-UP



The chances of being seriously injured in a fall, either at home or at work, are greater than most think:

- **More people** - die from falls at work each year than from any other non-vehicle related cause.
- **Falls are responsible** - for about 16 percent of all work accidents that result in disability.
- **Falls are painful** - in more ways than one – they cost time and money for you, your employer and your insurer.

There are many common-sense things you can do to avoid falls, whether at home or at work. For example:

- Walk, don't run.
- Open and close doors carefully.
- Immediately clean up liquids spilled on the floor.
- Replace burned-out lights.
- Don't leave wastebaskets, boxes, or files where they might trip someone.

- Hold on to handrails on stairs.
- Avoid tilting back in chairs, especially "swivel" chairs with wheels.
- Repair loose carpet or tiles.
- Wear shoes that fit properly and provide good traction.

These simple measures can help you avoid pain and disability which can result from falls. Avoiding falls also enables your insurer to control losses which helps to keep your insurance premiums down.



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