



Understanding and Preventing Falls

David Stubbs

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Readable, authoritative, and comprehensive, this guide explores the nature and extent of the falls problem. The authors explain the combination of factors that cause incidents to occur such as the design and condition of the walking surface, cleaning and maintenance procedures, lighting, weather, and individual activity, fitness and vision. They cover falls in differing circumstances, including slips and trips on the level and on stairs, falls among older people and in the workplace, falls during entry/egress from vehicles, and other pedestrian situations. The authors discuss methods for prevention and risk elimination, risk reduction, and the required measures to maximize individual capability.

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