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## Take Steps to Prevent Slips, Trips and Falls

Each year, the first full week of the fall season is dedicated to helping prevent falls. Fall Prevention Awareness Week takes place September 22<sup>nd</sup>-28<sup>th</sup> and serves as a reminder for both young and old just how common fall-related injuries are while offering up tips to prevent falls.

Older people (those 65 and older) are at greater risk of being injured due to a fall and while many falls do not cause injury, roughly 20 percent cause a serious injury such as a broken bone or head injury, according to the Centers for Disease Control and Prevention (CDC). Each year, at least 300,000 older people are hospitalized for hip fractures as a result of a fall, accounting for more than 95 percent of all hip fractures.

Most falls are caused by a combination of risk factors including lower body weakness, difficulty balancing, vision problems and home hazards such as broken or uneven steps or clutter.

The CDC has provided the following safety tips for older people to help reduce their risk of fall-related injuries:

- Ask your healthcare provider to evaluate your risk for falling and talk with them about specific things you can do. Also, discuss your medications, both prescription and over-the-counter, to see if they are making you dizzy or sleepy.
- Do exercises that make your legs stronger and improve your balance.
- Have your eyes checked at least once a year and update your eyeglasses, if needed.
- Make your home safer by removing trip hazards, adding grab bars inside and outside of your tub or shower, adding railings to both sides of the stairs and ensuring your home is well lit.

### Fall Prevention for Children

Falls are the leading cause of non-fatal injuries for children 19 and younger. Every day, around 8,000 children are treated in emergency rooms for fall-related injuries. Many of these injuries are the result of falls on the playground.

The CDC has provided the following safety tips for children to help reduce their risk of fall-related injuries:

- Check that surfaces under playground equipment are safe, soft and consist of appropriate materials such as wood chips or sand, not dirt or grass.
  - Use home safety devices such as guards on windows above ground level, stair gates and guard rails.
  - Ensure your child is wearing the appropriate protective gear during sports and recreation.
  - Supervise young children at all times around fall hazards such as stairs and playground equipment, whether in your own home or out to play.
- Click [here](#) for more information from the CDC on fall prevention.

**800,000**  
older people are  
hospitalized each year  
because of a fall injury,  
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hip fracture.

Source: Centers for Disease  
Control and Prevention

## A Discussion on Lab Safety Culture



Please join us for a conversation on lab safety culture with Dr. Holden Thorp as he presents "*Safe Science: Promoting a Culture of Safety in Academic Chemical Research*".

The event will take place  
**Wednesday, September 20<sup>th</sup> at  
4:00 pm at Sterling Chemistry**

**Laboratory, Room 110, 225 Prospect Street.**

Thorp is the Provost and Executive Vice Chancellor for Academic Affairs at Washington University in St. Louis and a Rita Levi-Montalcini Distinguished University professor with appointments in both chemistry and medicine. He also served as the chair of the Committee on Establishing and Promoting a Culture of Safety in Academic Laboratory Research.

Thorp had previously spent three decades at the University of North Carolina at Chapel Hill where he served as its 10<sup>th</sup> chancellor from 2008 through 2013.

A North Carolina native, Thorp started at UNC as an undergraduate student and earned a bachelor of science degree in chemistry with highest honors in 1986. He earned a doctorate in chemistry in 1989 at the California Institute of Technology and completed post-doctoral work at Yale University. He holds an honorary Doctor of Laws from North Carolina Wesleyan College and is a Fellow of the National Academy of Inventors.

In his research career, Thorp developed technology for electronic DNA chips and co-founded Viamet Pharmaceuticals and Innocrin Pharmaceuticals, which are commercializing new drugs for fungal disease and prostate cancer, respectively. Thorp is currently a member of the boards of the College Advising Corps, the St. Louis Symphony Orchestra and Barnes-Jewish Hospital.

Watch Dr. Thorp's video titled "[Introduction to Principal Investigator Laboratory Safety Responsibilities](#)".

This event is co-sponsored by Yale Environmental Health and Safety and the Yale Department of Chemistry.

## Get Involved With the Yale Police Department



### Citizen's Police and Public Safety Academy

The Yale University Police Department (YPD) will host a Citizen's Police and Public Safety Academy beginning Wednesday, October 4<sup>th</sup>. Chief Ronnell Higgins of the YPD invites members of the Yale and New Haven community to attend the academy.

The program provides an increased understanding and awareness of police and security operations and responsibilities including investigative services (CSI vs. reality), patrol procedures, personal safety, Whitney, the bomb detection dog, a tour of the facility, state-of-the-art communications/technology, emergency preparedness and firearms. The course incorporates classroom training and hands-on activities.

This six-week program is free and runs Wednesdays from October 4<sup>th</sup>-November 15<sup>th</sup> (no class on October 18<sup>th</sup>) from 6:00-8:30 pm at the Yale University Police Department, 101 Ashmun Street. Registration is required. Applicants must be 18 years of age and a member of the Yale or New Haven community. Participation is on a first-come, first-served basis.

Registration and information is available at <https://your.yale.edu/citizens-public-safety-academy> or contact YPD Lieutenant Jay Jones at 203-432-4402 or [jay.jones@yale.edu](mailto:jay.jones@yale.edu) with any questions.

### American Red Cross Blood Drive

The YPD SWAT Team will host an American Red Cross blood drive on Thursday, September 21<sup>st</sup> from 9:00 am-2:00 pm. The American Red Cross will have a Save-A-Life bus set up in the rear parking lot of the YPD headquarters at 101 Ashmun Street. All members of the Yale and New Haven communities are encouraged to stop by and donate blood.

To donate blood in the State of Connecticut, you must:

- Be at least 17 years old.
- Weigh a minimum of 110 lbs.
- Be in overall good health.

Click [here](#) for more information on donor eligibility or call 1-800-733-2767. Click [here](#) to schedule your appointment online. Use sponsor code YPD.

## Driving After Dark

With the sun setting earlier every day and Daylight Saving Time right around the corner (November 5<sup>th</sup>), it is important to prepare yourself for the differences that come with driving in the dark.

Depth perception, color recognition and peripheral vision can be compromised in the dark and the glare of headlights from an oncoming vehicle can be temporarily blinding. Although drivers typically only do about 25 percent of their driving at night, 50 percent of traffic deaths occur during this time period, according to the National Safety Council (NSC).

Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.



The following safety tips provided by the NSC can help reduce some of the risks that come with driving in the dark:

- Aim your headlights correctly and make sure they are clean.
- Dim your dashboard lights.
- Look away from oncoming lights.
- If you wear glasses, make sure they are anti-reflective.
- Clean your windshield to eliminate streaks.
- Slow down to compensate for limited visibility and reduced stopping time

Along with the actual darkness, fatigue is also a major risk factor that comes with nighttime driving. A National Sleep Foundation poll has found that 103 million people have fallen asleep at the wheel at some point and the National Highway Traffic Safety Administration reports that 100,000 crashes occur each year as a result of driver fatigue.

No matter the time of day, you should never drive under the influence of drugs or alcohol and avoid distracted driving that often comes with the use of electronic devices.

Click [here](#) for more information from the NSC on driving at night.

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*"Don't leave safe work habits at work. Take them home." - Author Unknown*