

May is Trauma Awareness Month

“Safe Steps for Seniors”

- One out of five falls causes a serious injury such as broken bones or a head injury.
- Each year, 2.5 million older people are treated in emergency departments for fall injuries. That equates to 1 older adult every 13 seconds.
- Over 734,000 patients a year are hospitalized because of a fall injury, more than 21,700 suffer fatalities.



Beth Israel Deaconess
Medical Center



HARVARD MEDICAL SCHOOL
TEACHING HOSPITAL

American Trauma Society, 2016
www.amtrauma.org

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1 IN 3

OLDER ADULTS
FALL EACH YEAR



1

Participate in regular physical activity for improved balance & coordination

2

Make your home safer by removing things you might trip over (books, cords, shoes)

3

Review your medications with your provider - some might make you feel dizzy or sleepy

4

Have your vision checked at least once a year - poor vision can increase your chance of falling

TAKE STEPS TO PREVENT FALLS



2016 NATIONAL TRAUMA
AWARENESS MONTH



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