



The U.S. Centers For Disease Control recently reported a disturbing statistic. During this year, one of every three persons age 65 and older will be injured in a falling down accident. As a result, some 2.5 million U.S. seniors will require emergency treatment when it happens.

The solution seems to be obvious. Hey, seasoned citizen, watch your step! However, in today's hurry-up travel world, the hazards of falling are considerably more likely than accidental stumbles at home. Here are some hints on how to avoid such disasters as you roam the world.

**Hold On:** While using escalators, stairways, elevators, airport moving belts, theater aisle steps and other potential danger spots, keep a solid hand grip as you go along.

**In The Air:** Always obey the instructions about when to stay seated and keep your belt buckled. When walking along the aisle during a flight, proceed slowly and grab seat backs.

**At Sea:** While making your way up and down cruise ship gangways and strolling along decks, grasp the railings. Be careful as you walk barefoot around wet areas near the ship's pool and spa, especially if during heavy spray or rain.

**In City Traffic:** In 1931, future Prime Minister Winston Churchill, accustomed to British driving rules, looked the wrong way before crossing Fifth Avenue in New York City. He was badly injured by a taxi. When maneuvering busy city streets, be extra careful, even when you have the right-of-way. You may not fall down, but you can be much more seriously injured if a car or cab hits you.

**Amusement And Theme Parks:** While traveling, do you constantly need to be reminded that you "ain't as young as you once was?" To prevent nasty falls, be extra careful around potentially dangerous merry-go-rounds, roller coasters, Ferris wheels, fun houses, bumper cars, slides, steep steps and other hazards.

For more info, go to [www.cdc.gov/homeandrecreationalafety/falls/adultfalls](http://www.cdc.gov/homeandrecreationalafety/falls/adultfalls)

