

The ALERT System™ for Reducing Fall Injuries and Deaths



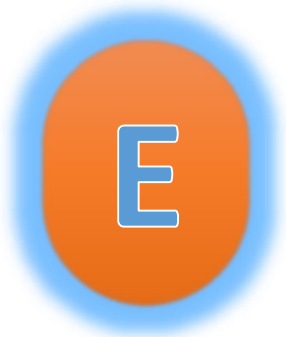
Aware

Awareness is the first and most important step in preventing slip, trip and fall injuries. You should be on alert when you are in higher risk situations. Create a mental slip, trip and fall warning system.



Learn

Learn what you can do to prevent a fall accident. Most fall injuries happen in places we know the best: our bathroom, our kitchen, our stairs, etc. This happens because it is our comfort zone, our guard is down and we are not paying attention.



Early

Early awareness, early prevention, and early training will lead to fewer STF injuries for everyone. Fall injuries cause a high percentage of emergency room visits at all ages. Starting the process of avoiding a fall when you are younger will reduce the risk of serious fall injuries when you are older. Start early!



React

React to what you have learned. If you see a fall hazard, correct that hazard. Do it right when you encounter the risk or problem. Don't count on your memory or your ability to react to a slip or trip risk in the moment.



Train

Train your body and improve your balance. Train your mind to be aware of slip, trip and fall situations. Train your family. Train your friends. Train your co-workers.

