



DIGNITY HEALTH YAVAPAI REGIONAL CAUTIONS HOLIDAY DECORATORS TO AVOID FALLS AS THEY DECK THE HALLS

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Health



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'Tis the season to decorate homes across Arizona – and Dignity Health Yavapai Regional Medical Center's Trauma team is urging the public to follow simple safety tips to avoid a trip to the hospital.

Falls from ladders and other accidents are common during the holiday season, and they can be catastrophic, resulting in debilitating brain and spinal cord injuries.

"It's important to think about safety precautions around your home as you're getting ready for the holidays," said Dr. Anthony Torres, President and CEO of Dignity Health Yavapai Regional Medical Center. "Staying healthy and staying safe will make for a great season."

The risk of falls greatly increases during the holidays, when many residents take to ladders and stepladders to decorate their homes or Christmas trees. About 160 Christmas decorating-related injuries occur each day in the U.S. during the holiday season, with more than 40 percent of the incidents involving falls, according to the U.S. Consumer Product Safety Commission (CPSC).

In the 2022 holiday season (Nov. 1, 2021 - Jan. 31, 2022), about 14,800 people were treated in U.S. hospital emergency departments due to holiday decorating-related injuries, the CPSC said.

Holiday falls aren't limited to tumbles from outdoor ladders and roofs. Decorators may be tempted to stand on a chair when placing ornaments high on a Christmas tree, but even that can result in a serious injury.

Decorators are advised to take care when using a ladder. In addition to making sure the ladder is on a firm, solid surface, they are advised not to climb ladders alone and to resist stretching to hang decorations.