

Falls Are Traumatic!

The Centers for Disease Control and Prevention (CDC) reported that an average of 86,629 Americans visit the emergency room each year after a fall caused by pets or their paraphernalia. Falls are the leading cause of Traumatic Brain Injury (TBI). People 75 years of age and older have the highest rates of TBI-related hospitalizations and death.

Pets and their owners come in a wide variety of sizes and shapes. Simple day to day activities can be compromised when a pet is not under control or paying attention to its owner. The National Safety Council, Greater Omaha Chapter and the Nebraska Humane Society have teamed together to provide simple solutions to pet behaviors that can cause injuries.

By increasing awareness of your pet's behaviors and suggestions to modify unsafe behaviors the goal is to create a healthy, safe home for pets and their families.

Some Behaviors Pose Risks

The behaviors listed below are all examples of normal pet behaviors that can put owners at increased risk for falling.

- Pushing past their owner to get to the door
- Pulling the owner to visit another animal
- Tripping the owner unintentionally
- Chasing animals or toys
- Following the owner too closely
- Leaving toys in walkways
- Spilling water or food
- Running and playing in areas not large enough or designed for fun behaviors
- Catching the owner off guard
- According to the CDC about one-quarter of dog-related falls occurs during walks.

Behavior Solutions & Tips

Training:

Take advantage of the behavior and training classes for pets and owners. Classes offered at the Nebraska Humane Society teach fundamental activities of commands like "sit", "stay", "down", polite walking skills and coming when called.

Being Aware of the Pet's Presence:

Use brightly colored collars or harnesses with bells and tags. Teach the animal to come when called. Teach the pet to stay in one place on command. Turn on lights when entering a dark room or utilize motion lights or night lights. Teach the pet to wait for you to go up or down the stairs.

Using the right equipment:

Consult with your adoption counselor or vet regarding the proper collar or leash. This will give you more control and make your pet feel safer knowing you are in charge. An example would be a glow in the dark collar so you are able to see your pet at night.



Practical Pet Practices

- Consult with a professional before choosing a companion
- Choose the right pet
- Register/License your pet
- Take advantage of training classes
- Purchase the right equipment
- Practice communicating with your pet
- Reward your pet for good behavior
- Pet proof your house
- Establish a routine
- Enjoy a healthy and safe life with your pet



For More Information



Brain Injury Association
Of Nebraska

3510 Old Dominion Road
Lincoln, NE 68516
Phone: 1-800-444-6443
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**National Safety Council
Greater Omaha Chapter**

11620 M Circle
Omaha, NE 68137
Phone: (402) 898-7358
www.F1RST.org



Nebraska Humane Society

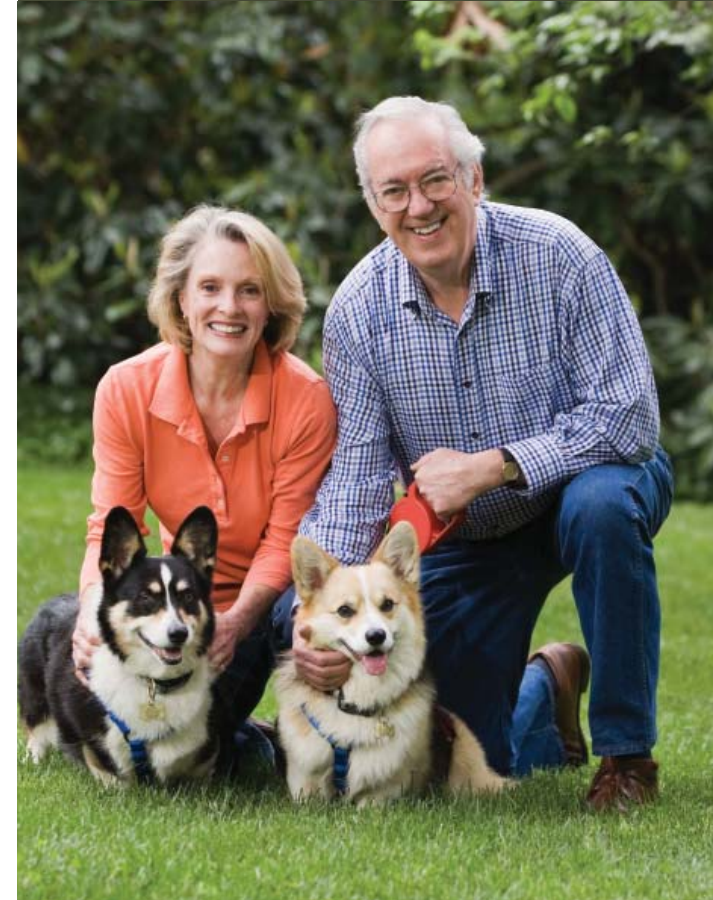
8929 Fort Street
Omaha, NE 68134
Phone: (402) 444-7800 Ext 702
www.nehumanesociety.org

NHS Behavior Helpline:

Phone: (402) 444-7800 Ext 221
Email: bhelp@nehumanesociety.org

*A guide to a safer, happier
lifestyle with your pet*

Fall Prevention: YOUR SAFETY AND YOUR PET'S SAFETY



Presented by:

**National Safety Council
Greater Omaha Chapter**

Brain Injury Association of Nebraska

Nebraska Humane Society