

1 “Tumbles”

“Tumbles” are one of the most common reasons for injuries in Atsugi of all age groups.

Elderly Injury Cases in Atsugi

- An elderly woman slipped on wet grass, tumbled and broke her thighs.
- An elderly man after getting drunk on liquors, tumbled at the station platform and got injuries to his legs and arms.

Adult Injury Cases in Atsugi

- A man tumbled at the entrance steps of his and injured his head.
- A woman got drunk and went for a tumble on the sidewalk, injured her

Children and Infant etc. Injury Cases in Atsugi

- A boy fell off his kid's bike and got a bruise on his face.
- An infant girl when running around the room, slipped and injured her face.

Preventive Measures for Tumbles

▪ Keep your room clean and tidy

Keeping your room clean and tidy avoids crawls and slips.

▪ Keep lights in your room

Making the room bright so that you can see the surroundings avoids unexpected injuries.

▪ Drink alcohol moderately

Do not drink too much alcohol, it may cause you a serious injury.

★ The elderly persons' tumble may be a serious injury, so stay organized and avoid falls or slips in your room.