



# My Go-2-Guy Handyman Services

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## Preventions of Slips, Trips and Falls

Slips, trips and falls - when you're a kid, you bounce back up and keep on moving, but the older you get, the less bounce you have. As spring slowly makes its way into our lives, we need to be cognizant of the hazards spring presents around our property.

### Heaving Concrete/Asphalt

Heaving concrete or asphalt is a leading cause of injury. Water gets below the surface of them and the ground surface. During cold weather, that water freezes and pushes the concrete/asphalt up, creating a tripping hazard. Over time, as water continues to penetrate the area and freeze, the concrete/asphalt crumbles away, eventually becoming a pothole which is what my mom tripped in shattering her elbow in mid march.

### Washed Out Stones

Another issue in the spring is water runoff. There are two rules water lives by. Water always agrees with gravity and always chooses the path of least resistance. That being said usually leads water down your interlocking, patio/flag stone walkways/ driveways seeping under the stone and washing out the ground below them. This causes both uneven (wavy) stones or wiggly stones that move when you step on them.

### Nail Pops

Many people think of nail pops as being a drywall issue, as the house shifts you start to see some nails or screws poke through the plaster. While that is one spot that nail pops occur, another is on your deck. A nail sticking up just a few millimeters can cause quite a nasty fall. The worst part about these falls, are that they are the easiest to prevent. Everyone owns a hammer. We suggest going out each spring and smacking those ankle-breakers down into the wood where they belong. It's a few minutes of your time to prevent a lifetime of physiotherapy.

### Railing Failure

As my mom was in the hospital waiting for her elbow surgery the doctor was talking to her about all the other fall victims he had seen that day. The one thing they all had in common with one another was that they all fell due to faulty railings. (Continued below)

Whether it's steel, wrought iron, wood, or a composite railing the winter is hard on all of them. If you have a steel or wrought iron railing check the points where it connects to structure for rust, corrosion or pitting and make sure all the screws are right and tight. If you have a composite railing there is not much that can go wrong except for the possibility of loosening connections. Composite decking expands and contracts with the seasons even more than wood does. That is why it is important to check the connection points to the structure every couple of years to be sure they are still well secured. Maybe you have a wooden railing. If that's the case, you not only want to check to see if the screws and connections are tight but whether the wood rotting or not. After all, what good is a tight connection if the wood isn't strong enough to hold the load in the first place?

### **Slimy Slippery Surfaces**

Over the years, if not cleaned frequently, stones, wood and concrete can begin to grow algae. You may recognize it by its light green colour. These algae can get very slippery when wet, creating quite a dangerous slipping hazard. A quick scrub and power wash is that's needed to remedy the hazard.