



For seniors on ocean voyages, it's a fun adventure with scenic waters, interesting port visits, onboard entertainment, great dining and much more. However, you're also sailing into challenges aboard a large, mostly metal vehicle that can be much more physically dangerous than what older people normally face on dry land.

First, there's boarding as you make your way up a steep ramp. You pass many outside railings as you walk through the ship, and during rough seas, you must be careful of falling at all times. Additionally, although the rules forbid it, some passengers climb on rails to shoot selfies and otherwise take chances that may cause injury or worse,

Recently a young father died after he fell four stories from a balcony to a lower deck on a Carnival cruise ship. The accident follows the death of an 18-month-old Indiana girl, who was dropped accidentally out of a mid-ship porthole by her grandfather.

For cruising seniors, be sure you know all the safety rules, and while aboard follow them intelligently to prevent such tragic accidents.