

TOP 10 TIPS

1. Light up your life

- use high watt, long life bulbs
- always switch a light on if you get up in the night or use the stairs

2. Hold on tight

- handrails by the toilet, bath and on stairs can improve safety

3. Don't make a splash

- use a non-slip mat in the bathroom
- clear up any spills

4. Banish clutter

- clearing clutter in rooms, corridors and stairs can reduce your risk of falls

5. Shoddy shoes

- wear well-fitting shoes with backs (avoid slip-ons, loose slippers or backless shoes)

6. Curling carpets

- remove curled carpets or rugs, or tape them down

7. Risky reaching

- don't reach too high or too low
- arrange kitchen items with the most frequently used in easy reach

8. Sit up

- consider the height when buying new furniture

- talk to an Occupational therapist about getting furniture raised

9. Caution with cords

- tape down or run trailing cords along skirting boards, or move appliances nearer to the socket

10. Pesky pets – buy them a bright collar!

Home hazards & falls



A guide to understanding potential hazards and how you can prevent falls in your home.

Falls Prevention Service

Over half of falls occur in and around the home. Many of these falls are preventable by making small adjustments to your environment and taking safety precautions to reduce your risk of falling.

We realise that your home is personal to you and that layouts and belongings may change over time. This guide contains tips that you can quickly refer to again and again to make sure you're keeping your environment safe and helping keep you independent. Most of the tips can be applied throughout the home.

LIGHTING

- Turn lights on before you start moving – it sounds obvious, but adequate lighting will help your eyes adjust and improve your spatial awareness.
- Leave lights on in your hallway at night (this can include nightlights) for night-time trips to the bathroom.
- Make sure light switches are easily reachable.
- If you're able, try to make any immovable obstacles stand out – such as highlighting the edge of

outdoor steps with bright paint, or putting bright throws over dark sofas.

- Make sure your outdoor lighting is adequate – particularly around doorways and their approaches.
- Lighting that is too bright can dazzle you – net curtains or blinds can reduce the glare.

PATHS, ENTRANCE & HALLWAYS

- Keep outside paths maintained – clear away fallen leaves or moss growth.
- Repair cracked or uneven pathways
- Have a handrail installed outside if you feel you need extra support
- Mats and rugs – use non-slip mats; often rubber-based on the underside. Regularly check for curling corners.
- Tuck electric wiring to the side and tape them down.
- Keep hallways clear.

KITCHEN, DINING & LIVING AREAS

- Clear up spilled food or drink straight away.
- Arrange cupboards and shelves – for instance, have a designated tea area near your kettle. Frequently used items should be placed where they are easy to reach – this avoids you having to reach

to a high cupboard or bend too far down.

- Consider investing in a multi-phone system – that way, a phone will always be in easy reach
- Have furniture altered to suit your height. Specialist non-slip cushions or blocks are available that can raise your seat, or an electrical raiser/recliner may be more helpful.

BATHROOM & TOILET

- Use non-slip mats
- Install hand rails or shower / bath seats if your shower is over your bath
- Avoid using talcum powder or oils over non-carpeted floor
- Consider re-hanging your bathroom door so someone can get to you if you do fall.

BEDROOM

- Check that bedspreads and long curtains don't trail over the floor, and that your bed is steady.
- Have a bedside lamp with easy access, and again – check electric cords are tucked away.