



Consider using natural light by opening blinds and perhaps installing skylights.

[illegible]

Floors



Are your floor coverings non-slip and in good condition?

⇒ Torn carpet, moving mats, polished floors and tiles can cause slips and trips.

Consider NON-slip mats, repair carpets and consider slip resistant treatment on walkways.

Sometimes our keepsake rugs can be hung on a wall or relocated to prevent falls

Are your wet areas safe?

Clean up spills straight away and take extra care in wet areas.

Use slips resistant treatments on the base of your bath or shower.

Consider grab rails or handles to help navigate wet areas where necessary.



Are there uneven surfaces in your home?

Use coloured tape to alert you to changes in your floors surface or mark step edges.

Footwear, ensure our shoes are comfortable, non-slip and in good repair

Actions to take

[illegible]

[illegible]

Do your stairs and steps have easy to reach sturdy grab rails?

Consider steps into your bath or shower and steps outside of your home.

An Occupational Therapy Home Assessment can assist with the best solution.

A cartoon illustration of a person with brown hair, wearing a white long-sleeved shirt and green pants, falling backwards off a blue step ladder. The person's arms are outstretched, and their legs are in the air. The ladder is tilted, and the person is positioned as if they have just lost their footing while standing on it.

Ladders (Ask yourself DO I NEED to be using the ladder?) Is there someone else that is better suited for climbing up the ladder than you? Never use the ladder without having someone else present to assist.

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Outside the home

Are your paths and the entrances to your house safe?

Do you need latches to hold back door if you use a mobility aid?

Ensure outdoor areas are well lit.

Do paths need rails, non-slip or are pavers all flat and in good repair?

Try not to let shrubs become overgrown as this may reduce light in garden, cause damp and subsequent slime or mould/algae on walkway services leading to hazardous slips

How safe is your yard after wet weather?

Grass, pavers and other outdoor surfaces can become slippery in wet/damp weather. Ensure you wear non slip shoes and consider using slip resistant tread on slippery surfaces.

ALWAYS try to keep garden items put away when you are finished to reduce trips.

Eg. Retractable or hanging garden hoses can become a trip hazard

Pets

Our fur babies love us dearly and want to be where we go, so please ensure you know where they are so as to no trip on them. Consider a bell on the collar if the little rascals like to get under your feet.

Consider safe places to put the water and feed bowls, good light and not in walkways.

Actions to take



Remember



Slips, Trips and Falls can be prevented.....

- Looking after our health and wellbeing is essential at all ages, but becomes particularly important if we want to remain independent, reduce risk of injury and illness.
- Conducting a simple home safety check can help you to identify potential hazards/risks and assist you to make the changes necessary for a safe home environment. Many of which can be done with the assistance of a friend or family, at a simple low cost; leaving time to get on with enjoying the fun things in life.
- If you currently have aids and appliances prescribed by Allied Health Practitioners to assist with your mobility or medical conditions it is important to use these.
- Be aware of personal changes to your body and mind, if you notice changes, please always contact your GP, and discuss with family and friends as necessary.
- As we age changes occur. Feel confident that you can adapt to these changes and remain as safe as possible.

Helpful Resources:

<https://www.healthdirect.gov.au/falls>

https://www.health.qld.gov.au/data/assets/pdf_file/0028/429814/33381_full.pdf

<https://www.activeandhealthy.nsw.gov.au/preventing-falls/home-safety-checklist>

<https://www.myagedcare.gov.au/>

<https://youtu.be/dOzlrkErEPA>

