Falls Prevention – Home Safety

Is your home a hazard?

One in three people 65 years and over living in the community will have at least one fall during the next 12 months. More than half of these falls happen in and around the home.

A **safe** home and surroundings can help you to maintain an **independent** lifestyle and **reduce your risk of falling**.



Check your surroundings and take steps to make them safer

- **Floors:** Secure rugs (or remove them). Have non-slip floors. Remove clutter.
- **Cords and cables:** Remove cords and cables from walkways.
- **Lighting:** Ensure adequate lighting in all rooms, steps and stairs. Use night lights inside and sensor lights outside.
- **Stairs and Steps:** Mark edges of steps clearly, use slip-resistant strips. Install handrails the full length of the stairs/steps.
- **Bathroom:** Install grab rails, use a non-slip mat, be careful on wet floors.
- **Kitchen:** Mop up spills straight away. Don't climb on chairs to reach high cupboards.
- **Garden areas:** Make sure that paths are even and free of moss. Keep paths free of garden tools.