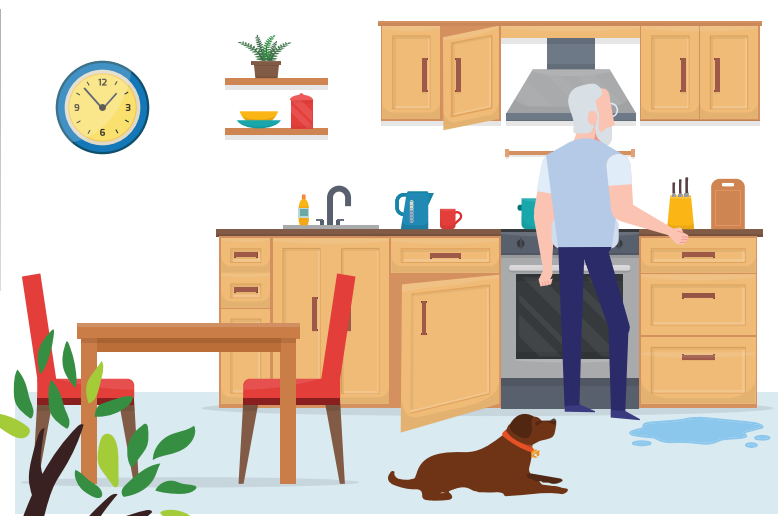
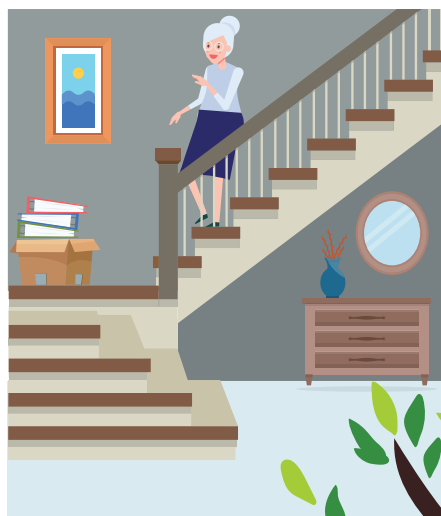
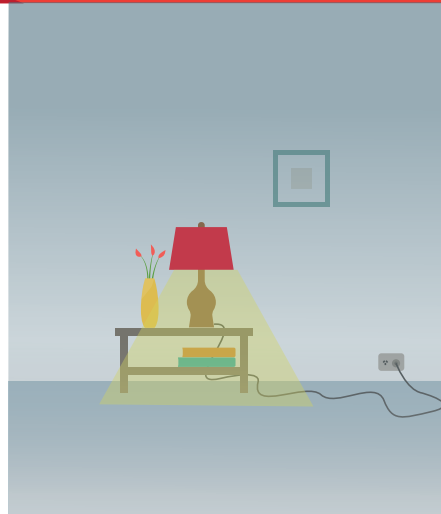


Falls

Spot the 21 Falls Home Hazards



Health
Central Coast
Local Health District



Answers

Bedroom

Table and glasses too far away from the bed
Bedspread on the floor
Walking stick too far away from the bed
Clutter on the floor

Bathroom

Towel too far away
Non-stick mat
Large raised hob to climb over into shower

Kitchen

Dog behind the person
Water on the floor
Cupboard doors open

Living Room

Curled up mat
Walking stick a trip hazard
Books and plant too close to the chair

Stairs

Person not using the rail
Objects on the stair landing
No handrail

Hallway

Poor lighting
Cord a trip hazard

Outside the home

Broken pathway
Trees overhanging pathway
Hose on the pathway

For more information on how to avoid a fall go to

www.healthpromotion.com.au

or contact the

Health Promotion Service on **4320 9720**

