

FALLS

Falls Are Preventable

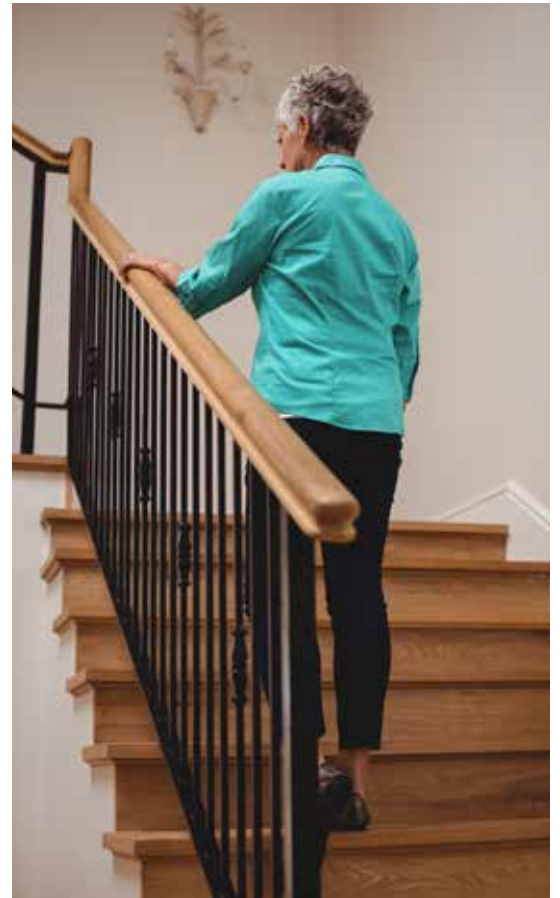
Home Safety for Falls Prevention

Did you know 1 in 3 people over the age of 65 will have at least one fall during the next 12 months?

Did you know that around 53% of falls happen in and around the home?

A safe home and surroundings can help you maintain an independent lifestyle and can reduce the chance of falling.

It's important to check your surroundings and take steps to make them safer.



Floors

- Secure rugs with slip resistant backing (or get rid of them!)
- Have non slip floors (polished and tiles floors can cause slips.)
- Repair damaged and worn carpet.
- Remove clutter.

Bathroom

- Be proactive, install grab rails in your bath, shower and next to toilet.
- Use non slip mats or slip resistant treatments on the floor including bath and shower base.
- Be careful on wet floors.

Bedroom

- Have a light or torch, glasses and phone next to your bed.
- Ensure your bedding isn't touching the floor.
- Have your walking aid within reach of the bed.

Kitchen

- Mop up spills straight away.
- Don't climb on chairs to reach high cupboards.

Lighting

- Use sufficient lighting in all rooms, steps, stairs and hallways.
- Use night lights inside and sensor lights outside.

Cords and cables

- Place behind furniture against the wall.

Stairs and Steps

- Mark edges of steps clearly, use slip resistant strips.
- Install handrails.
- Have a switch at the bottom and top of stairways.
- Ensure stairs are clear of clutter.

Smoke alarms

- Replace batteries annually. Ask family, neighbours or friends to help.
- If this isn't possible Fire and Rescue NSW can help through the 'smoke alarm & battery replacement program.' Contact your nearest station.

Telephone

- Never rush to answer. If it's important they will ring back.

Pets

- Can be a trip hazard.
- Be extra careful when moving around, especially when they are not facing or behind you - like when you are at the kitchen bench.
- Place a bell on your pets collar so you know where they are.

Outside

- Make sure that paths are even and free of moss.
- Use slip resistant finish on the paths and pavers.
- Install sensory lights at the house entrance.
- Remove overgrown plants, damaged pavers and trip hazards.
- Keep paths free of garden tools.



Download
a free Home
Safety Checklist
or ring the
number below
for a copy



Central Coast
Local Health District

For more information visit:

healthpromotion.com.au/healthy-ageing

activeandhealthy.nsw.gov.au

gethealthynsw.com.au

Phone: Central Coast Health Promotion Service 4320 9700