

Bathroom

1. Do you use slip-resistant mats on the floor? ☐ Y ☐ N
2. Are you able to get in and out of the shower or bath without holding onto taps or towel rails? ☐ Y ☐ N
3. Are shampoo, soap and towel within easy reach? ☐ Y ☐ N

Suggestions

- Use a slip-resistant mat or strips in the shower and bath. Wet areas are more likely to be slippery so take extra care. Clear non slip paint can be painted onto tiles to prevent slipping
- Grab rails are recommended in and around the bath, shower and toilet.

Kitchen

1. Can you reach kitchen items you use regularly without climbing? ☐ Y ☐ N
2. Do you wipe up spills straight away? ☐ Y ☐ N
3. Is there good ventilation to reduce the risk of glasses fogging? ☐ Y ☐ N

Suggestions

- Arrange your kitchen so the most frequently used items are easy to reach. Heavy items should be stored lower down.
- Clean up spills as soon as they occur.
- Range hoods, vents or exhaust fans can be installed to provide better ventilation when cooking.

Note Use a broad based, sturdy and secure stepladder with handrail if it is absolutely necessary to reach high places.

Outside your home

1. Are entrances, paths and stairs well lit at night? ☐ Y ☐ N
2. Are the garden and paths kept free of trip hazards, such as tools and hoses? ☐ Y ☐ N
3. Are step edges clearly marked? ☐ Y ☐ N
4. Are paths in good condition free of moss and trip hazards? ☐ Y ☐ N

Suggestions

- Sensor lights that turn on automatically are recommended.
- Use a hose reel to store your garden hose and store garden tools away safely.
- Paint the front edge of the step with non-slip paint or apply non-slip adhesive strips or tread.

For more information visit:
healthpromotion.com.au/healthy-ageing
activeandhealthy.nsw.gov.au
getthehealthynsw.com.au

Phone:
Central Coast Health Promotion Service
4320 9700

Central Coast
Local Health District



Home Safety Checklist

Take steps to avoid a fall



Home Safety checklist

One in three people over the age of 65 will have at least one fall during the next 12 months, and around 53% 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 the suggested steps to make your home safer.

Lighting - Use adequate lighting in all rooms, steps and stairs. Minimum of 75 watt globes (18-Watt CFL).

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



Bedroom

Answer yes or no	yes	no
1. Can you turn on a light before you get out of bed?	☒	☐
2. Are your telephone and glasses within reach of the bed?	☒	☐
3. Does your bedspread trail across the floor?	☒	☐
4. If you use a walking aid, is it within reach of the bed?	☒	☐

Suggestions

- Keep a light or torch within reach of your bed.
- Use night lights or motion sensor lights in areas you access at night including bedroom, hallways and bathrooms.
- Keep a telephone and glasses beside your bed.
- Remove all clutter from the floor and ensure your bedspread is clear of the floor.
- Have your walking aid handy to help you when getting out of bed.

Note Get out of bed slowly and sit for a short time before you stand up.

Living Areas

1. Do you have mats or rugs?	☒	☐
2. Are stairs well lit?	☒	☐
3. Is there a light switch at both the top and bottom of stairways?	☒	☐
4. Do your stairs have a handrail and edges clearly marked?	☒	☐

Suggestions

- Remove loose mats and rugs or ensure they are firmly secured with slip-resistant backing.
- Sensor lights that turn on automatically are recommended on stairways.
- Have handrails on at least one side of all stairways. Use a strip of slip resistant rubber or non-skid paint on each step.

Note Ensure all cords are placed against the wall and furniture and clutter are kept away from walkways. Place a bell on your pets collar so you know where they are. They can be a trip hazard.

Smoke alarms

Replace your smoke alarm battery annually or ask family, neighbour or friends to help. If this is not possible Fire and Rescue NSW will do it through the "Smoke Alarm & Battery Replacement Program".

Contact your nearest station.