

# Preventing falls within your own home

Many people who fall and require the assistance of an ambulance or doctor, will have fallen at home. Although accidents do happen, there are many practical measures you can take to reduce the likelihood of a fall happening. By following these simple steps you can increase your safety and confidence in moving around in your own home.

## Lighting

Keep your home well-lit, especially hallways, stairwells and living areas. Always turn the light on when visiting the bathroom at night.

## Bath

Use non-slip rubber mats in the bath and shower. Consider fitting a handrail.

## Stairs

Keep stairs well lit and free of clutter. Ensure rails are well fitted. Consider fitting a second stair rail. Ensure carpet is secure and not worn.

## Wet surfaces

Clean up spills once they happen.

## General flooring

Clear walkways of clutter, electrical cords etc.

## Rugs

Remove loose rugs or use double sided tape to secure them in place.

## Fire alarm

Improve general safety by installing a smoke and carbon monoxide detector. Check they are working on a regular basis.

## Outside area

Keep outdoor areas well lit and the paths clear.

## Pets

Some falls in the home are caused by tripping over a pet. Cats wearing a bell can alert you to their presence.

