




Tips on Preventing Falls Around the Home

Think About	Tips for Keeping Safe
 Your Bedroom	<ul style="list-style-type: none">→ Make getting in and out of bed safer by having a bed with the right height and a firm mattress.→ Roll on your side, then sit up before standing up.→ Wait for any dizziness to settle before standing.→ If you are getting up during the night (e.g. to go to the toilet), use your walking aids if needed, and try to have a light switch or night light near your bed and give yourself some time to adjust to the light.
 Your Bathroom	<ul style="list-style-type: none">→ Use non-slip flooring and non-slip mats in the shower and bath.→ Install and use grab bars or transfer poles. Do not use towel holders as a grab bar because they are not secure.→ Have all toiletries within easy reach and use a shower caddy. Keep floors dry.→ If needed, bathroom aids are available, such as a handheld shower head with bath seat/bench.→ Other bathroom modifications may be recommended as required.
 Your Kitchen	<ul style="list-style-type: none">→ Identify, remove or modify hazards by making your work areas more convenient for easy reaching.→ Keep frequently used items within close reach, ask for help, and avoid standing on stools, ladders and chairs.→ Make sure the kitchen is well lit and be mindful of spills.→ Do not leave items cooking or water running unattended.→ Avoid carrying items if you are unsteady. If you have a walker, use your basket to carry items.



Your Living Room

- Make sure your chair has armrests for support, is not too low, and is easy to get in or out of.
- Make sure you have what you need within easy reach of where you are sitting.
- Use a cordless phone. Avoid clutter on the floor such as electrical cords.
- Maintain clear pathways, be aware of trip hazards and pets.



Your Walkways

- Make sure areas are clear for walking, well-lit, and stairs are easily visible.
- Make sure stairs and long hallways have hand rails.
- Make sure floor coverings are not a trip hazard or remove for safety.
- Do not rush, use the handrail, and take your time walking up and down stairs.
- Avoid stairs if you feel unsteady or unsafe, ask for help to retrieve items or complete tasks involving stairs.



Outside Your Home

- Make sure areas outside the home are well lit, clear, and have properly maintained surfaces.
- Beware of uneven surfaces, ice, snow, and trip or slip hazards.
- Clear access along pathways by trimming branches of trees and shrubs.
- Use proper footwear with good traction for weather conditions.
- Avoid using ladders, and if you need to, make sure your ladder is safe and someone is with you.
- Keep outside steps and walkways in good repair and free of clutter, snow, ice, and leaves.

Reference adopted from: <https://www.health.qld.gov.au/stayonyourfeet/for-seniors/make-home-safe.asp>

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