

- Take care not to trip on your pet. You could fit a bright coloured collar or a bell to the collar to make them easier to notice.



- Turn the lights on ahead of you while moving through the house.
- Separate reading and distance glasses are much safer than bifocals or varifocal glasses and clean your glasses daily
- Use your walking aid inside the house if necessary.
- Finally, if you notice any hazards or unsafe conditions, let the proper authorities know (Council, landlord, owner, shop staff). Cracks can be repaired; public ramps can be installed; traffic lights can have their timing changed ... reporting unsafe conditions benefits you and the entire community!

Not medical advice: The information in this pamphlet is intended for educational purposes only. It is not and should not be taken as advice or treatment from a doctor or health care professional. Never disregard professional medical or health care advice or delay in seeking it because of something you have read in this pamphlet.

This pamphlet was produced by the Occupational Therapy Department at St Marks Day Hospital and was adapted from "Tools for Living Well" leaflet originally used as part of a Falls Prevention initiative in Canada

Tel 01753 638524 – Review due 2010

TIPS ON FALLS PREVENTION

Prevent falls and maintain your independence



*Have a safe home
& lifestyle!*

Most falls occur at home – especially in the kitchen, on the stairs and in the bathroom.

Here are some ideas to make the inside and the outside of your home a safer place for you.

KITCHEN

- Remove all loose rugs
- Have everything within reach, so that you don't need to climb; if you must climb, use a stable stepping stool with a safety rail.
- Wipe up any spills on the floor immediately to prevent slipping

BATHROOM

- Install plastic textured grab rails and non-slip mats in bath and shower
- Use non-slip mats
- Wipe up moisture or spills immediately

LIVING ROOM



- Leave generous space to move safely around furniture
- Make sure electrical wiring is tucked out of the way
- Ensure furniture and lamps are steady and stable

STAIRS

- Have banister rails on both sides of the stairs
- Make sure stairs are brightly lit
- Don't stack things on the stairs

WHEN GOING OUT

- Take all the time you need – plan ahead, don't rush
- Wear footwear to prevent slipping and avoid using laces that may come undone
- Use your walking aid
- Walk slowly and carefully – watch for cracks on the pavement, obstacles, slopes, slippery surfaces and other hazards while shopping
- Don't load yourself down with packages; take advantage of home delivery or use a trolley or a 4 wheeled walking aid
- Be an alert walker – watch for traffic, bicycles and other pedestrians

- Plan your journey so that you don't have to go out during rush hour, darkness or bad weather

PATHWAYS AND ACCESS TO YOUR HOME

- Have a sturdy chair in your hallway to help you put on and remove your shoes and boots
- Keep your steps and paths clear of obstructions and surface debris
- If necessary, have a handrail installed along your front path and at your front door



GARDEN

- Store your tools (hose, rakes) safely and securely when not in use
- Wear shoes that support and stabilise you
- Have garden tools handy (in a bucket or in your gardening apron pockets)
- Use a kneeling pad while weeding; rise slowly afterwards.
- Take care walking on wet grass and uneven surfaces in the garden.

OTHER PRECAUTIONS

- Don't try to do tasks that are too strenuous or potentially dangerous. Find a volunteer – a friend, a neighbour, a relative, building maintenance staff – to help you with the heavy work.
- Don't rush to the phone: if you have an answering service your callers will leave a message; if not, they will call back.