

HOME SAFE HOME

A few simple steps to prevent falls

- Move any cords that are across walkways and keep the traffic-ways clear of clutter
- Remove or replace mats that slip, wrinkle or curl.
- Check stair treads are in good condition. Add non-slip strips or highlighting lines. Check all steps have a safe rail in the best position.
- Use a non-slip mat in the shower. What about a grab rail in the shower recess?
- Repair or replace uneven pathways and get rid of slippery moss.
- Avoid reaching up into cupboards and out the most used items within easy reach.
- Check your lights are bright, but not too glary.
- Always wipe up spills straight away and place a non-slip mat below the sink.
- Is the footwear you wear at home comfortable, does it fit well and have a slip-resistant sole and heel?

THINGS TO DO

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For further information, contact:

Occupational Therapist:

Phone: