



Don't Fall For It! - Keeping safe in your home

It's easy to be complacent about hazards at home. Familiarity with our surroundings can mean we sometimes overlook hazards that could cause a slip, trip or fall, and the result could be disastrous! Take a look at your home with fresh eyes and make your home a safe haven.

Inside the home

- △ Remove clutter including mats, rugs and trailing electrical cords, or have them well secured. Are there things you regularly step over that ought to be shifted?
- △ Make sure there is good lighting throughout the home (16 or 20 watt energy saving, 75 or 100 watt incandescent globes). Don't walk into dark rooms.
- △ Consider modifications such as grab rails and equipment.
- △ Store items within easy reach to reduce the need to bend down low or climb step ladders.
- △ Pay attention to wet or slippery areas. Dry up spills and wet areas or consider using non-slip surfaces like bath mats.

Outside the home

- △ Clearly mark the edges of steps and paths with coloured strips so they can be seen day and night.
- △ Keep paths clear and fix uneven paths. Roll up your hose pipe after each use.
- △ Wear the correct glasses, hearing aids, good footwear and use your walking aid if you have one.
- △ Many falls result from the use of ladders (inside and outside the home). Use appropriate safe equipment or ask for help from family, friends or the council – even if you have to postpone the task!

Be Prepared – plan what you would do in the event of a fall

- △ Having daily contact with a relative, friend, neighbour or carer will help alert others if you need assistance. The Telecross service can provide you with a daily phone call.
- △ Ensure your telephone is within reach from the floor or carry a portable phone with you.
- △ Consider getting a personal alarm.
- △ Leave a spare key with someone you trust, or install a key safe outside your house. This will allow someone to reach you.
- △ Discuss your plan with someone you trust.

For further information phone the Falls & Fall Prevention Safety & Quality Unit 08 8226 6334

www.safetyandquality.sa.gov.au