

Home Safety for Falls Prevention

Did you know that 1 in 3 people over the age of 65 will have at least one fall during the next 12 months?

Did you know that 60% of falls in the 65+ age group happen in and around the home?

A safe home and surroundings can help you maintain an independent lifestyle and can reduce the chance of falling.

It's important to check your surroundings and take steps to make them safer.

Falls are preventable



- Floors:** Secure rugs (or get rid of them!). Have non slip floors, remove clutter and cords from walkways.
- Lighting:** Use adequate lighting in all rooms, steps and stairs. Use night lights inside and sensor lights outside.
- Stairs and steps:** Mark edges of steps clearly, use slip resistant strips and install handrails.
- Bathroom:** Install grab rails in your bath and shower. Be careful on wet floors.
- Kitchen:** Mop up spills straight away. Don't climb on chairs to reach high cupboards.

A full checklist for each home hazard and suggestions of how to deal with it, is available at www.healthpromotion.com.au
Follow the links to Stay on Your Feet,
or phone the Health Promotion Unit 1800 059 561.

Why not do the checklist today?



Health
Northern Sydney
Local Health District



Health
Central Coast
Local Health District

