

## Bathroom

Falls are a common cause for many to lose their independence.

Wet bathroom floors are one of the many reasons for falls within the home. Try using a non-slip mat by your bath or shower for better surface grip and invest in a hand rail for extra support if needed. Check all the equipment in your bathroom is secure and remember to always take your time.

*Top tip: Installing a hand rail and a seat in your shower can make moving around your bathroom a lot easier.*

## Lighting

Falls are the biggest cause of accidents around the home, with 1 in 3 over 65 falling each year.

Making sure your home is well lit is an important factor to lowering the risk of falling and injuring yourself. Stairs are especially risky, so always check your landing and hall lights are working properly and that you can see clearly down the stairs.

*Top tip: Plug in a motion sensor light into a socket near your stairs to help you see better and make moving down the stairs easier.*

## Footwear

Poorly fitted and worn footwear can increase your chance of tripping over.

When purchasing new shoes, make sure they fit well and have a strong and sturdy sole as this will help you to stay stable and support you on your feet. Check they have a secure fastening to avoid becoming loose and avoid wearing heels if possible. Trying on shoes is best done at the end of the day when your feet may be swollen and tired as this will help you to check the shoes fit well.

*Top tip: Throw away any shoes or slippers that are worn, have been stretched out of shape or soles coming loose, as this can cause you to trip over.*



## Clutter & Rugs

The fear of falling over can affect the quality of life for those over 65.

The environment in your home plays a huge role in your safety and the build-up of clutter can often cause trips and falls. By assessing your home and finding ways to make it tidier, you can make moving around much easier and safer for yourself. Check your walkways of clear of boxes, cords and any furniture that may block your path.

*Top tip: Donating unwanted clutter and clothes is a great way of clearing your home and creating much-needed space.*

## Support Rails

Every year, more than 500,000 older people will visit A&E departments after a fall.

The lack of supportive equipment for people to maintain independence is a problem many people aged over 65 face, which is why railings are often installed. Railings can provide a wealth of support and stability throughout your home and are especially helpful when getting up and down the stairs and moving around the bathroom.

*Top tip: Make sure rails are fixed securely to the wall and avoid using towel railings or radiators to support yourself.*

## Garden

Falls are the biggest cause of accidents around the home.

There are many factors in your garden that may cause you to fall over, such as using a washing line that's too high, a slippery floor or poor lighting. Ensure your washing line and other garden equipment can be easily reached and that garden furniture is moved away from your door.

*Top tip: Installing a security light will help you to see much clearer for when the nights start to get darker in winter.*

fall  
proof  
your  
home



## Top Tips to prevent household hazards

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How to avoid them in your home



## Slips, trips & falls

A Better Care Fund Institute

# Slips, trips & falls

A guide to prevent Slips, Trips & Falls in your home

