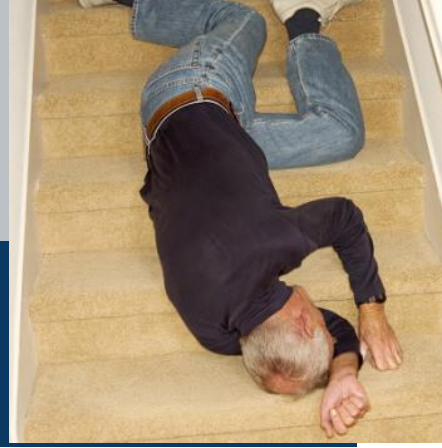




HOME SAFETY CHECKLIST

DID YOU KNOW THAT OVER 50% OF FALLS IN AUSTRALIA OCCUR IN THE HOME?
FOLLOW THIS STEP-BY-STEP CHECKLIST TO PREVENT FALLS AT HOME



STAIRS, HALLWAYS AND FLOORS

- Ensure adequate lighting in home especially from bedroom to bathroom.
- Install hand rails to hold onto when climbing up and down steps.
- Apply anti-slip strips to the edges of each stairs for extra grip.
- Replace any torn carpets and remove/secure rugs and matts.
- Remove clutter and tripping hazards from the floor and secure any cords from hallways.

KITCHEN

- Clean up spills and food ASAP.
- Move things so they are easy to reach and avoid climbing onto a kitchen chair to reach high.
- Use dining chairs that have armrests and no wheels.
- Don't clean with a high gloss wax floor protector which can make floor slippery.

LIVING ROOM

- Use a cushion or stand assist if your chair is too low to stand from.
- Keep frequently used items within reach.

BEDROOM

- Keep an easy source of light near your bed. E.g. lamp.
- Use curtains or blinds to decrease daytime glare.
- Consider use of bed grab or bedside rail.

BATHROOM

- Use non-slip mats near wet areas such as near shower and bathtub.
- Install grab bars near toilet and inside bathtub and shower.
- Place a toilet seat riser to make it easier to get on and off it.
- Use a shower chair and handheld shower head while bathing.

OUTDOORS

- Ensure even footpath and fix any cracked sidewalks.
- Remove moss, weeds, shrubs and nay garden tools from paths.
- install hand rails nears stairs and steps.