

HOW TO FALL-PROOF YOUR HOME

Accidental falls are common, and can lead to broken bones and other serious injuries



More than 1 out of 4
older people (aged 65+) falls
each year

X2

Falling once
doubles your chances of
falling again



1 out of 5 falls
causes a serious injury such as broken
bones or a head injury

Adapt your home to make it safer

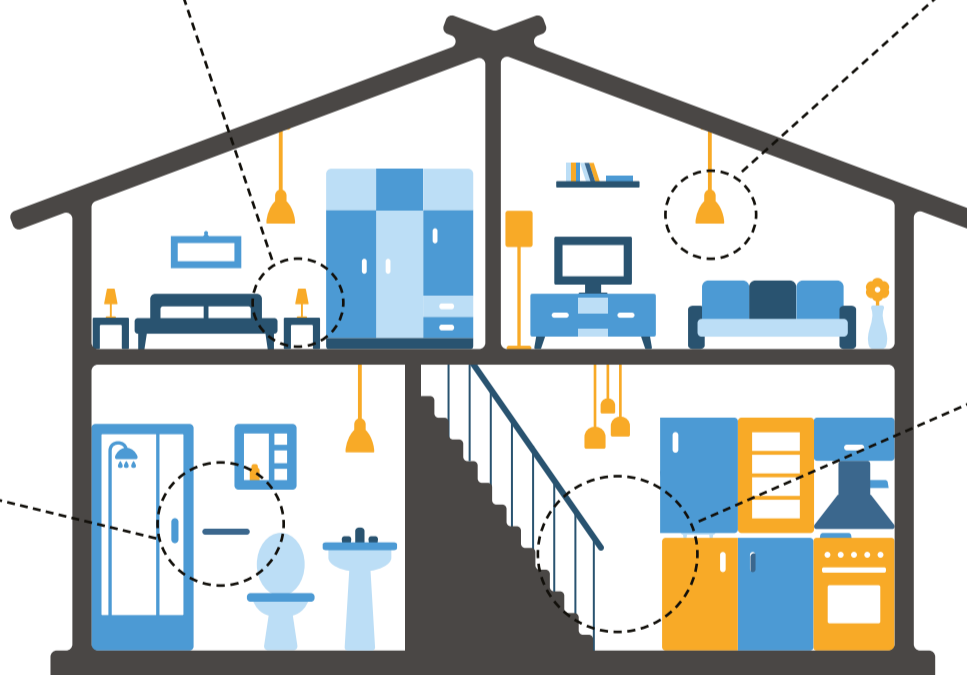
Don't take risks: Ask for help from **family, friends** or **carers** so that changes can be made safely

Objects & Environment

- **Remove objects** you could trip over
- **Ensure** mats are firmly affixed, repair loose carpet or raised areas on the floor
- **Move furniture out** of walking paths
- Be aware of **raised doorways** and **steps**
- Use **non-skid floor wax**

Bathrooms

- **Install handrails** by the bathtub or shower
- Have **non-skid mats** (and watch out for slippery, wet surfaces)

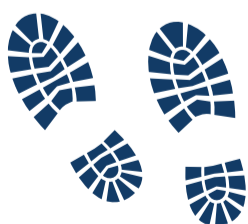


Lights

- Keep your home **well lit**, especially hallways, **stairways**, and **outside walkways**
- **Add extra light** switches or use lights triggered by motion sensors

Stairs & Steps

- Always **hold on to handrails** and ensure they are stable and secure
- **Wipe up any spills** immediately
- Keep regularly used kitchen items at an **easy-to-reach level**



And be sure to wear appropriate shoes

with **good support**, a **broad heel** and **non-slip soles**!