

WHAT TO DO IF YOU FALL AT HOME DON'T PANIC

I will try to get up



- ◆ Use stable furniture
- ◆ Take time to recover
- ◆ Tell someone you have had a fall
- ◆ Seek medical advice if necessary
- ◆ *A personal alarm worn around your neck is considered a wise investment as help is always at hand in any kind of emergency*

Im Not able to get up



- ◆ Try crawling/sliding to seek help
- ◆ Front door/Telephone/Make loud loud noise
- ◆ Personal alarm
- ◆ Make yourself comfortable and warm
- ◆ Lie still and do not strain yourself Until Help arrives



Ulladulla Community
Resources Centre

HOME SAFETY CHECKLIST



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Falls can have enormous social, medical and financial costs. A few simple steps can make your home much safer.

Have regular checkups, eye checks and managed medication.

Stairs, Steps & Ladders

- ◆ Are you able to see the edges of steps clearly?
- ◆ Are stairs well lit? do you have a light switch at top and bottom?
- ◆ Non-skid treads or paint on edges of steps is very useful
- ◆ Are coverings on stairs in good condition?
- ◆ Do you have a sturdy handrail on all steps and stairs?
- ◆ Stepladders and step stools should be short and have anti-slip feet.

Outside Your House

- ◆ Ensure all outside steps are highly visible by painting the front edge with a contrasting colour or fixing non-slip visible treads
- ◆ Make sure paths are even, unbroken and free of moss and leaves

Always Take Extra Care in the Wet!

- ◆ Be careful near pets and small animals their movements can be unpredictable
- ◆ Fitting a hose reel to your garden hose will keep it safe, compact and tidy
- ◆ Store garden tools safely - they are very easy to trip over
- ◆ Many falls result from use of ladders. Try to get someone else to assist you whenever possible

Contact your council to advise them of problem areas near your home - footpaths, roads, trees etc.

Kitchen & Bathroom

- ◆ Ensure items are easy to reach
- ◆ A trolley is handy for transporting items safely
- ◆ Make sure tables and benches are strong enough to support your weight if you lean on them
- ◆ Good ventilation is essential - Range hoods or exhaust fans help

Floors

- ◆ Make sure that mats and carpets have no wrinkles or curved edges
- ◆ polished floors may look nice, but can be very slippery - carpets or mats with non-slip backings are much safer.
- ◆ Remove loose rugs and mats or apply slip-resistant backing
- ◆ if you spill something on the floor, make sure you **Clean It Up Straight Away!**
- ◆ Keep clutter off the floor!

Lighting

- ◆ Are your lights bright enough for you to see clearly? 75 watt globes are recommended, but note that some light fittings take a maximum of 60 watt
- ◆ Can you easily reach light switches near the doorways?
- ◆ Is there good lighting where you keep your medicines?
- ◆ Can you easily switch on a light from your bed?

Bathroom & Toilet

- ◆ Do you have handrails and slip-resistant mats?
- ◆ Can you reach soap, shampoo and towel without bending?
- ◆ Can you easily get on and off the toilet seat?
- ◆ Can you open and close windows without reaching over furniture?

Bedroom & Lounge

- ◆ Fans and heaters should not be placed in walk ways or in the middle of the room
- ◆ Keep a torch next to your bed at night
- ◆ Keep floors clear in the bedroom and lounge
- ◆ Make sure all cords are secured and are out of walking ways
- ◆ Ensure your eyeglasses are in easy to reach places
- ◆ Get out of bed slowly, and sit before you stand