

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.

Ulladulla Community Resources

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 traymobile 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