



You may know your home like the back of your hand, but the things you see every day could be potential hazards that can lead to a fall.

The risk of falling does increase with age, but the good news is, you can do something about it. Sit down with a family member or friend and go through this simple list as a room-by-room check of your home and garden. Remember to make a note of anything that might need to be fixed or changed.

If you're still unsure about what needs to be done, get advice from family, friends or your health professional.

Potential trip hazards throughout your home

Yes No

- Do your carpets or rugs lie flat, without frayed corners or rolled up edges?
- Are your rugs non-slip (with a rubber back) or secured to the floor?
- Is the furniture arranged to provide clear walkways?
- Are all your walkways clear of clutter (e.g. newspapers, boxes, shoes)?
- Are electrical cords and wires kept away from walkways or taped down?

Living areas

- Is your lounge chair easy to get out of?
- Can you reach the telephone easily from your lounge chair?

Bathroom and toilet

- Can you get on and off the toilet easily?
- Can you get in and out of the bath or shower without holding onto towel rails or taps?
- Are there handrails in the bath and shower?
- Can you reach your soap, shampoo and towel easily?
- Is your soap in a soap dish?
- Do you have a bathmat or non-slip surface next to your shower or bath?

Bedroom

Yes No

- Can you get in and out of bed easily?
- Can you reach a light switch or your glasses easily from bed?
- Do you have a telephone in the bedroom?
- Are electrical cords, including those for the electric blanket, out of your way?
- Do you have enough lighting to see your way to the toilet in the night?

Kitchen

- Do you have a mop to clean up spills as they happen?
- Can you reach the kitchen items you use regularly without having to stretch or bend too far?

Stairs and hallways

- Are the stairs well lit?
- Do you have handrails, and are they secure and easy to reach?
- Do the stairs have non-skid treads or non-slip coverings?

Outside your home

- Do steps have a sturdy easy-to-grip handrail?
- Are step edges clearly marked – e.g. with white paint?
- Is the footpath in good repair and well-lit at night?
- Do potentially icy footpaths have handrails or sand/salt on them to reduce the chance of slipping?

Personal safety

- Do your slippers fit well and have non-slip soles?
- Do your shoes have low, flat heels?
- Do you have your vision checked regularly?
- Do you have regular check-ups with your doctor?

This list is a great starting point to ensure that your home is as safe as possible, but remember you can also help avoid falls by keeping fit - to improve your coordination and balance - and by trying not to rush.

For more information on keeping your home safe, call **0800 101 996** or visit **www.acc.co.nz**