



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](http://www.acc.co.nz)**