

Fall proof your home – checklist.

- ✓ Make sure your home is well lit.
- ✓ Use a bedside light.
- ✓ Remove clutter and fall hazards, especially from hallways and room entranceways.
- ✓ Remove loose rugs and mats, particularly if they are ripped or worn.
- ✓ Arrange furniture for clear and easy access to rooms.
- ✓ Tidy away cables and wires.
- ✓ Avoid reaching up or down into cupboards – put the things you use most at eye level.
- ✓ Consider a second handrail for your stairs.
- ✓ Install grab rails in the bathroom, toilets, front and back doors.
- ✓ Raise your chairs, bed, and toilets for easy transfer.
- ✓ Use non-slip mats in the bathroom and kitchen.
- ✓ Highlight the edges of steps and rails.
- ✓ Keep your paths in good repair and free of leaves, ice, and weeds.
- ✓ Ask for regular help with your recycling and black bins.
- ✓ If you have a pet, get them a bright collar with a bell.
- ✓ Get a personal falls alarm or phone that can automatically call for assistance.
- ✓ Make sure you have a working smoke alarm and consider booking a home fire safety visit - www.avonfire.gov.uk/safety/home/home-fire-safety/

