

Environmental Checks: Fall Proof Your Care Home



Living Areas

- Check all rugs have a non-slip underlay and consider replacing frayed carpets
- Replace thresholds in doors if necessary
- Clear away clutter, especially in the hallway and doorways
- Never store items on the stairs
- Consider the colours of the carpets and patterns which can visually disturb a person
- Ensure handrails are secure and easily accessible

Lighting

- Avoid trailing cables from lamps
- Sensory lighting in bathrooms and hallways will ensure areas are well lit
- Consider installing two-way switches in the bedrooms and hallways so the person does not have to walk in the dark
- Place a lamp or bedside light near where the resident sleeps so when getting up in the night they never walk in the dark

Bathroom

- Clear spills immediately
- Always use non-slip mats in the bath and shower
- Consider installing grab rails in the bathroom



Home Hazard Assessment

Request a home hazard assessment. Your local Occupational Therapy service, local council, or fire and rescue service can help. If any of their recommendations have not been met you should report and log these with your team leader.

Home Hazard Assessment: www.hertfordshire.gov.uk/services/fire-and-rescue/

Garden

- Keep paths free of fallen leaves as they may be slippery
- Repair any cracks or uneven pavements
- Consider installing safety rails on any steps