

Environmental Checks: Fall Proof Your Home



Lighting

- Avoid trailing cables from lamps
- Advise the person to consider installing two-way switches on the landing so they don't have to walk in the dark
- Always using a night light or bedside light when getting up in the night and using motion activated lighting

Kitchen / Bathroom

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

Living Areas

- Check all rugs have a non-slip underlay and consider replacing frayed carpets
- Clear away clutter, especially in the hallway and doorways
- Never store items on the stairs

Stairs

- If you have stairs, ensure that handrails are installed
- Ensure the stairs are clear of clutter and that a two-way light switch is installed
- Contact an Occupational Therapist to learn more about suitable handrails

Garden

- Keep paths free of fallen leaves, as they may be slippery
- Repair any cracks or uneven pavements to avoid tripping
- Ensure doors and garages are well-lit
- Consider installing safety rails on steps

Home Hazard Assessment

Request a home hazard assessment. Your local Occupational Therapy service, local council, or fire and rescue service can help.

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

