



# Environmental Checks: Fall Proof Your Care Home

## 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.

### Living Areas

- Check all rugs have a non-slip underlay and consider replacing frayed carpets.
- Clear away clutter, especially in the hallway and doorways.
- Consider the colours of the carpets and patterns which can visually disturb the residents.
- Never store items on stairs - ensure handrails are easily accessible

### Lighting

- Avoid trailing cables from lamps.
- Consider installing two-way switches in the bedrooms and hallways so residents do 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.

### 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.



Home Hazard Assessment: [www.hertfordshire.gov.uk/services/fire-and-rescue/](http://www.hertfordshire.gov.uk/services/fire-and-rescue/)  
01707 536 020 | [stopfalls@hcpa.info](mailto:stopfalls@hcpa.info) | [www.hcpastopfalls.info](http://www.hcpastopfalls.info)

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