

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
- Suggest always using a bedside light when getting up in the night and using motion activated lighting

Kitchen / Bathroom

- Clear spills straightaway
- Always use a 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 the person uses 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. 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/