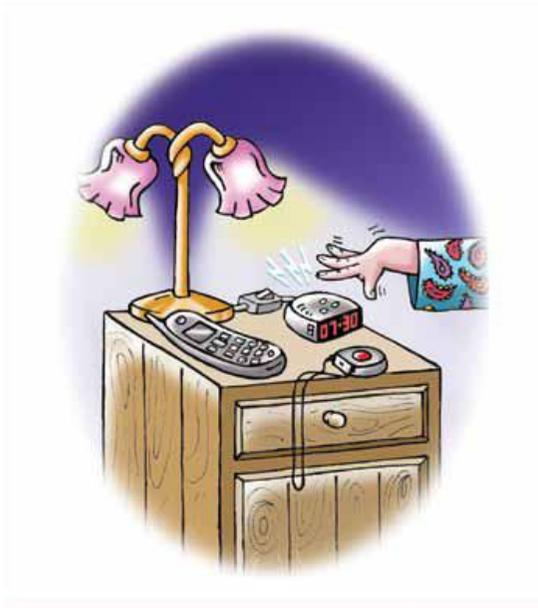




# HOME SAFETY CHECKLIST

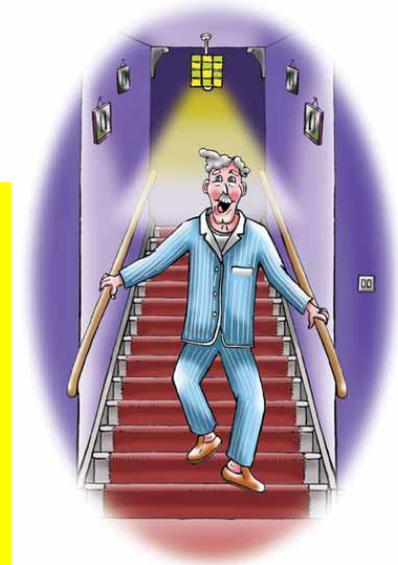
## A Home Fall Prevention Tool



This checklist has been designed to help you identify hazards and reduce the risks that can contribute to you falling in your own home. The form can be filled in by yourself, your Carer if you have one, a relative, a friend, a Health Care Professional or Social Care Worker.

The form has been divided up into questions about different aspects of the home where the chance of falling is higher. You can answer each section by ticking Yes or No; there are some tips on how to improve the safety of your home, and a box where you can write what actions have been taken to improve that aspect of your home.

Please see the "Prevent Falls" booklet for further advice (available through your GP Practice or the Falls Team). Telephone numbers of useful agencies are included at the end of the checklist. This checklist is also available in larger print if required.



		Yes	No	Tips to improve safety from falls	Actions taken to improve safety
	<b>General</b>				
1	When you walk through a room, do you have to walk around furniture?			Ask a relative or carer to move things so that your path is clear. Remember to always use your walking aid safely.	
2	Are there papers, magazines, books, shoes, boxes, blankets, towels, or other objects on the floor?			Pick up things that are on the floor and always keep objects off the floor. A 'helping hand' may reduce stooping / over reaching.	
3	Do you have to walk over or around cords or wires? (e.g. cords and wires from lamps, extension cords or telephone cords?)			Coil or tape cords and wires next to the wall so you can't trip over them. If possible have an electrician put in another socket. Consider a fire home safety check from the local fire brigade who can provide advice and supply / fit smoke alarms if required.	
4	Do you have a letterbox cage to avoid stooping to pick up your letters?			These are quite easy to fit, and apart from saving you from stooping, will also stop papers being spread across the floor just inside the doorway which could make you slip.	
5	Do you have casters under chairs which makes them likely to slide as you get up?			Casters make furniture easier to move but can cause a problem if they slide back just as you are getting up. Either remove the casters or fit cup shaped carpet savers underneath.	
6	Do you have loose rugs or runners on the floor?			Remove the rugs & runners or use double sided adhesive carpet tape to prevent them from slipping.	
7	If you fall do you have a system for calling assistance?			A personal alarm pendant is a good way of doing this and/or the positioning of a telephone where it can be reached from the floor.	

		Yes	No	Tips to improve safety from falls	Actions taken to improve safety
	<b>Bedroom</b>				
8	Is your bed the right height? When sitting on the edge do your feet reach the floor?			If you have difficulty getting in or out of bed, a grab-rail or some assistive equipment may assist you in getting up.	
9	Is there a light that can be turned on and off from the bed?			Ask a relative/carer to position a lamp that you can reach from your bed or a pull cord near your bed for the main light.	
10	Is there a telephone next to your bed?			It is useful to have a telephone in your bedroom, also ensure your pendant alarm, if you have one, is within reach when you are in bed.	
	<b>Stairs</b>				
11	Are staircases and landings well lit?			100 watt bulbs are recommended if the light fitting is capable of taking one of that size. 20w low energy bulb can be left on permanently if required.	
12	Is there a two way light switch present? (e.g. a switch at both the top & bottom of stairs)			Have an electrician fit a two way light switch. Consider the local council 'handy person scheme'.	
13	Is there at least one handrail? Two are preferable.			It is essential to have a handrail, even on small flights of stairs. Social Services may assist in fitting extra rails if assessment highlights a serious problem or you could obtain one through the local councils 'handy person scheme'.	
14	Are the carpets in good condition and not frayed?			Worn carpets are a major cause of serious falls and should be replaced.	
15	Are the edges of each step easy to see?			A strip of white masking tape on the edge of each stair will help those whose eyesight is not good, but it must be kept in good condition and not allowed to become a tripping hazard.	

		Yes	No	Tips to improve safety from falls	Actions taken to improve safety
	<b>Bathroom</b>				
16	Is there a risk of falling on wet vinyl or tiled flooring?			Non-slip mats, a fitted carpet or carpet tiles should be used. Wet floor areas should be mopped as soon as possible.	
17	Is there a non-slip mat in the bath/shower and a grab rail?			Non-slip, rubberised mats are readily available. Social Services may assist with grab rails if assessment highlights a serious problem or you could obtain one through the local councils 'handy person scheme'.	
	<b>Kitchen</b>				
18	Is there a risk of falling on wet flooring especially near the sink and washing machine?			Check the condition of the floor in these areas, consider a piece of non-slip matting or dry regularly with a mop.	
19	Is everything within easy reach without stretching or climbing on chairs/stools etc?			Stretching and reaching above head height can make you feel dizzy and there is a temptation to climb up on chairs to reach something. Things, which are used regularly, should be on the lower shelves.	
20	If steps have to be used are they secure with a handrail and system to keep the legs locked?			Never use a chair or a stool to stand on. Properly designed steps can be used in reasonable safety if you are fit enough. They must be designed with an effective handrail and with an easily applied lock for the legs. If possible ask someone else to help.	

There may be a scheme in your area that carries out minor repairs and adaptations or have lists of approved tradesmen. For further information contact:

Care and Repair, Redcar and Cleveland, Telephone: 01642 777780

Staying Put Agency, Middlesbrough, Telephone: 0800 5875184

Social Services, Redcar and Cleveland, Telephone: 01642 771500

Social Services, Middlesbrough, Telephone: 01642 726004

Independent Living Centre (for advice on equipment), Telephone: 01642 244718