

General

- Make sure you can walk through a room without furniture getting in the way
- Ensure that your furniture is stable and secure
- Make sure you do not have to reach or lean too far to get things

Think about carrying an alarm device that can be pressed to notify someone if you have a fall.

Steps and stairs

- Try to keep your stairs clear by removing clutter and any obstacles
- Use additional lighting at the top and bottom of the stairs and do not use the stairs in the dark
- Fix any steps that are uneven and repair loose or torn carpet.

Think about having a rail fitted on both sides of the stairs.

Kitchen

- Rearrange items in your cupboards and cabinets so they are within easy reach
- Mop up spills immediately.

Consider children's safety if they visit frequently.

Produced in partnership with:

The Mid Yorkshire Hospitals NHS Trust
South West Yorkshire Partnership NHS Foundation Trust
Wakefield District Housing
NHS Wakefield District
Wakefield Metropolitan District Council
Age UK Wakefield District
Carers Wakefield and District

For more information and advice about any of the topics covered in this leaflet please contact the Health and Wellbeing Team on 01977 705473.

Living room

- Move or secure cords and wires next to the wall and try and organise your appliances so they are close to a socket
- Use non-slip backing to prevent rugs from slipping or remove your rugs altogether
- Pick up any items that are on the floor so they aren't a hazard.

If you have a pet, think about giving them a brightly coloured collar to make them more visible.

Poor lighting

- Place a lamp close to the bed where it is easy to reach
- Make sure your path from the bedroom to the bathroom is clear
- Use additional lighting such as night lights to help light your path.

Remove hazards that could trip you up such as trailing bed clothes and discarded clothing.

Bathroom

- Put a non-slip rubber mat or self-stick strips on the floor of the bath or shower
- Fit a grab rail to the wall, over the bath and/or next to the toilet. You may need a specialist assessment for this. Contact the Health and Wellbeing Development Team who will refer you to the appropriate service.

Take care with wet surfaces, they are very slippery.

NHS



Staying Steady in the home

A checklist to help identify potential hazards in your home

The House of Hazards

Bathroom

Make sure you have everything you need within easy reach before taking a bath or shower. Use non-slip mats in the bath and on shower floors. Handrails by the toilet, bath and other places in the house will make getting around easier.

Pets

Some pets can get under your feet – think about giving them a brightly-coloured collar to make them more visible.

Loose fitting rugs

Use non-slip mats under rugs and in the kitchen. Try to avoid having loose rugs and mats altogether.

Electric flexes

Keep the floor clear of trailing flexes, fraying carpet edges and clutter. Consider getting a mobile or cordless phone.

Reaching and stooping

Have items used on a regular basis within easy reach in the kitchen so you do not need to stretch or stoop to get them.

Spillages

Always mop up spills immediately. If you forget the spill is there, you might slip on it.

Poor lighting

Good lighting is very important, particularly on the stairs where you should use a bright light bulb. If you need to go to the toilet at night, turn on a light so you can see where you are going or buy a plug-in nightlight.

Poor footwear

Wear flat shoes with a fastening and a broad heel that have a man-made sole for comfort and grip i.e. not slip-ons and not leather soles. Try to avoid walking in socks or tights on slippery floors.

Clutter on stairs

Make sure there is room to walk safely up and down stairs and round the house without obstacles or clutter getting in your way.

