



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Slip resistant mats

The base of baths, showers and other tiled surfaces can get very slippery when wet. This can pose a hazard when bathing or showering.

Slip resistant mats or non-slip strips are one way of reducing the risk of falling. To be effective these mats need to be kept clean and any talcum powder, soap or oily substances should be removed. It is best to replace mats on a fairly regular basis or if they start to move or break.

Solutions

- **Slip resistant mats** may help you avoid slipping as you step in and out of the shower or bath.
- **Non-slip strips** are an alternative that may suit some bathrooms.
- **Replace mats** or strips if they start to break or slip in the bath or shower.

People who can help

Occupational Therapist: Advise on methods of transferring and provision of assistive devices that may be helpful.

Physiotherapist: Advise on exercise to improve transfers and standing.

Family & volunteers: Assist with locating suitable slip resistant mats.

For a free fall risk assessment and tips on preventing falls:

www.stopfallsathome.com.au