



# Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

## Rails on indoor steps or stairs

Using steps and stairs becomes more difficult as we get older, especially if a walking aid is needed. Hard-to-see edges or loose carpets can cause a slip. Having a firmly fixed, sturdy grab rail that runs the full length of the staircase can provide useful support and reduce the likelihood of a fall.

### Solutions

- Fit a **sturdy** grab rail for the **whole length** of the **steps** or **stairs**, even if there are only a few steps. Grab rails on **both sides** are especially useful.
- Check the **condition** of any **floor coverings** on indoor steps and stairs. Carpets should not be frayed or loosely attached to the stair treads.
- Make sure stairs are **well-lit**. Install **light switches** at both the top and bottom steps for easy access.

### People who can help

**Occupational Therapist:** Advise on design of rails and provision of any assistive devices that may be helpful.

**Physiotherapist:** Advise on exercise to improve mobility, balance and endurance when using steps and stairs.

**Handyman/builder:** Fit grab rails.

**Family & volunteers:** Assist with fitting grab rails or locating a suitable tradesperson to fit rails.

For a free fall risk assessment and tips on preventing falls:  
[www.stopfallsathome.com.au](http://www.stopfallsathome.com.au)