



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Rails on outdoor steps or stairs

Do you have steps leading up to your front or back door? These can make it difficult to get in and out of the house and sometimes cause falls. Outdoor stairs become slippery when wet. Moss, damp leaves and uneven surfaces can also be hazardous.

A firmly fixed, sturdy grab rail running the full length of the steps will give you extra support when using the stairs. For most people a rail on both sides will be needed.

Solutions

- Fit a **sturdy grab rail** for the **whole length** of the stairs, even if there are only a few steps. If possible, fit rails **both sides** of the steps.
- Make sure outdoor steps remain **free of damp, moss and leaves**.
- **Repair** or **reconfigure** steps that are uneven or have irregular sized treads.
- If needed, consider using an **alternative route** to access doors.
- Investigate if the steps could be **sheltered from rain**.
- **Wider step treads** may be needed if you use a walking aid.

People who can help

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

Handyman/builder: Fit grab rails and/or reconfigure steps.

Family & volunteers: Fit grab rails or locate a suitable tradesperson.

For a free fall risk assessment and tips on preventing falls:
www.stopfallsathome.com.au