



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Halls & walkways

It's common for our homes to fill-up with furniture and belongings, but did you know that cluttered halls and walkways can cause falls?

Furniture, electrical cords and loose rugs can easily trip you up. It's important to keep halls and walkways free of clutter so that you can move around the house easily and safely.

Solutions

- Remove **clutter** and **furnishings** from halls and walkways. in pathways such as extension cords, telephone cords.
- Attach/fix **telephone** and **extensions cords** against the wall edges.
- **Secure throw rugs** with non-slip backing, or remove altogether.
- Install **bright lighting** so that it is easier to avoid obstacles.

People who can help

Family & volunteers:	Tidy up and reorganise spaces.
Telephone supplier:	Install a second telephone, organise a mobile phone or reposition your phone line to avoid trailing wires.
Cleaning service:	Help with cleaning and reorganising.

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