



# Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

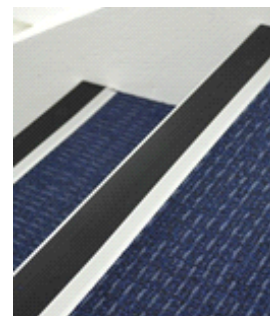
## Step edges

Have you ever stumbled when walking on the stairs? Sometimes it can be tricky to see the edge of the step, especially as vision deteriorates with age. Patterned carpets and staircases with turns are especially tricky to navigate.

It's also important to be careful when using outdoor stairs because shadows and bright sunlight can obscure step edges and lead to a fall.

## Solutions

- Make steps easier to see by **painting** a **white** or **yellow strip** with **non-slip material** on the outside edge.
- **Fix and fit floor coverings** so that they firmly adhere to the contour of each step.
- Avoid **patterned** carpets on stairs.
- Apply a contrast-coloured **non-skid strip** or fit a **stair nosing** to the edge of each step.



## People who can help

**Occupational Therapist:**

Recommend modifications to steps.

**Physiotherapist:**

Assess and treat gait and mobility problems.

**Family & volunteers:**

Help locate tradespersons.

**Hardware store:**

Supply non-slip step edges.

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

© Dr. Lynette Mackenzie, Discipline of Occupational Therapy, Faculty of Health Sciences, The University of Sydney, author of The Home Falls and Accidents Screening Tool (Home FAST).