



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Entrances & doorways

Getting in and out of the house can be made harder by steep stairs, heavy doors and locks that stick. Hazards like these can risk throwing you off balance.

Screen doors that open towards you and entranceways at the top of stairs can also be tricky to negotiate. Having a clear, level area directly in front of your entrance doors can make it safer to come and go.

Solutions

- Keep doorways **clear of furniture** and **clutter** so you have room to put down shopping before you open the door.
- If necessary, **adapt** the entrance to provide a level platform with plenty of room to open to the door safely.
- Position **locks** at the **correct height** – you shouldn't need to bend down or reach up to unlock the door.
- Make sure door handles and locks are **easy to operate**.
- Make steps safer by **installing a hand rail**.

People who can help

Occupational Therapist:

Advise on recommended modifications.

Family & volunteers:

Help locate tradespersons to adapt entrance.

Hardware store:

Supply equipment (e.g locks) to adapt the door.

Builder:

Modify landings at the top of entrance steps.

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