



# Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

## Pets & care of animals

Pets makes excellent companions, but they also increase the likelihood of a fall. Hungry dogs can jump up and knock you off-balance if they smell food. Cats can blend-in seamlessly with the furniture and risk tripping you up.

Exercising a pet is a great way to stay healthy, but if your dog pulls on it's lead you risk becoming unsteady on your feet. Food and equipment associated with chickens and other farm animals can also create trip hazards.

### Solutions

- Keep pets **outside** or in **another room** while preparing their food.
- **Clean up spills** as soon as they occur.
- Avoid putting pet **food bowls** or **mats** in **walkways**.
- Where possible feed animals on a **raised surface** to avoid bending over, or consider using an **adapted pet feeder**.
- Avoid young, boisterous pets.
- Find a **safe path** for dog walks & train to walk on the **lead**.



### People who can help

**Pet trainer:**

Train a dog to walk properly on a lead or for behaviour modification.

**Family & volunteers:**

Source adapted pet feeders.

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