



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Slippery & shiny floors

Falling on a hard, shiny floor can be painful and dangerous. Tiles and polished surfaces get slippery and can be tricky to walk on. Wet areas like bathrooms, laundries and kitchens are particularly hazardous. Be careful on patios and exposed outdoor areas as these become slippery in wet weather.

Solutions

- Keep floors **dry** at all times, especially bathrooms, kitchens and laundries.
- Quickly **clean up spills** and **dry-off footwear** before entering the house.
- Be careful when transitioning from one area of the home to another. Raised thresholds and awkward joins in flooring can cause trips.
- **Non-slip treatments** are available for some polished and tiled floors.
- Never put a loose rug/mat on a slippery floor. Use a **non-slip backing**.

People who can help

Family & volunteers:

Fix non-slip backing to loose rugs/mats; help tidy & reorganise spaces to keep floors free of clutter.

Handyman:

Apply non-slip treatments to shiny floors; take-up old floor coverings and replace with new coverings; minimise awkward thresholds, saddles & joins.

Flooring suppliers:

Advise on and supply new floor coverings.

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