



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Loose mats & rugs

Rugs make a home feel warm and cosy, but they also increase the risk of a fall. Loose mats can move about and cause you to slip. Curled rug edges and loose threads can catch your feet and trip you up.

Solutions

- **Remove mats and rugs** from the house.
- Keep tiled and highly polished surfaces free of rugs and mats.
- Avoid using mats around the **base of toilets**.
- If a mat or rug is absolutely necessary, make sure it is backed with **non-slip rubberised material**, is in good condition and is stable.
- Some rugs and mats can be **nailed down** or fixed with a **non-slip adhesive backing** to limit movement.

People who can help

Family & volunteers:

Help take up old rugs and dispose of them; purchase and affix non-slip backing to mats.

Handyman:

Secure loose rugs to the floor and remove old floor coverings.

Floor suppliers:

Advise on alternative floor coverings

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