



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Bedside lights

As you get older, night-time trips to the toilet may become more frequent. Walking around in the dark can make a fall more likely. Reduce hazards with a bedside light.

Position the light close to your bed, so that you can switch it on without having to first get up. You don't want to be scrabbling around in the dark and risk a fall.

It is best to use a torch or install nightlights on the landing so you can see clearly when walking to the toilet. Don't rely on streetlight coming through windows or light from another room.

Solutions

- Purchase a bedside light ensuring an **available plug socket** is located close to the bed. Make sure you can switch the light on without getting out of bed.
- Consider using a bedside light that can be **activated by touch** rather than operating a switch as may be easier to locate in the dark.
- Having a **torch or flashlight** close by may be an additional option to light the way as you move between bedroom and toilet.
- You can also set up **nightlights** between the bedroom and the toilet.

People who can help

Electrician:

Fit additional light fittings, switches and plug sockets.

Family & volunteers:

Help select and purchase a bedside light or nightlights.

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