



# Preventing slips and trips at home

Falls are the biggest cause of accidents that result in people having to go to A&E, and it's children under five and adults over 65, who are most at risk of experiencing an accident at home.

Slips and trips can often happen, but there are some things that you can do to prevent accidents and make sure that you and your family stay safe at home.

## Cables

Tuck away cables and wires for items such as lamps and chargers so that they don't stick out and become a hazard.



## Clutter

Keep your home clutter free and ensure objects like bags, papers and clothes are out of the way as these can cause trips.



## Furniture

Set out your rooms and furniture in a way that doesn't create trip hazards and allows you to easily move around your home.



## Carpets

Make sure rugs and carpets are secured. Be careful of very heavily patterned carpets which can cause trips. Think about slip-resistant flooring in places like the bathroom where non-slip bath and shower mats can also help you to avoid falls, and keep floors dry.



## Footwear

Wear suitable footwear, such as slippers with backs. This is particularly important if you have mobility issues.



## Lighting

Make sure your home is well lit. Slips and trips can happen in poorly lit places.



## Pets

Watch out for pets too and be careful of furry friends getting under your feet!



## Did you know...

a third of adults aged 65 and over fall at least once every year.

## Staying safe on stairs

Stairs can be a place where slips and trips happen, so it's really important to do what you can to prevent these:

- ✓ Have handrails fitted and use these to walk up and down stairs.
- ✓ Make sure carpet on the stairs is fitted well and secured.
- ✓ Make sure there is good lighting on the stairs and landing.
- ✓ Clean up any spillages on the stairs straightaway.
- ✓ Keep stairs free of clutter.



## Did you know...

there are over 43,000 people hospitalised every year due to falls on stairs in the home.



## Avoiding slips and trips outdoors

It's not just inside your home where accidents can happen. Keeping paths, patios and steps clear and ensuring these are well maintained will help you avoid a fall outside. Make sure door mats are securely fitted and won't slip, to help prevent trips as you come in and out of your home.



## Did you know...

that most children's falls happen as a result of falls from or between two levels. This includes falling from stairs, furniture like sofas or beds, out of a pram or highchair or from a raised surface during nappy changing.



## Preventing falls by children

Children under five are particularly at risk of falls in the home. Here are some tips to prevent slips and trips:

- ✓ Fit safety gates at the top and bottom of stairs, especially for children up to two years old. These should conform to European Standard EN 1930:2011.
- ✓ Avoid placing furniture or beds where a child could climb up to reach an open window. You can also fit window restrictors to stop children being able to open them.
- ✓ Be careful of leaving clutter on the stairs, or discarded toys on the floor which can be trip hazards, especially for small feet.
- ✓ Baby bouncers should only be used on the floor, and baby walkers are not recommended for use.
- ✓ Babies shouldn't be left unattended on the floor or on a raised surface, such as during nappy changing.
- ✓ Use a five-point safety harness in prams and highchairs.

