



# Stay On Your Feet...

## Step 9: Identify, Remove and Report Hazards

Half of all falls happen in and around the home. Contact your local public health unit to get a copy of the Home Safety Checklist.

### Common hazards inside the home:

- slippery floors
- clutter or obstacles on the floor, including unsecured electrical cords
- loose mats or scatter rugs
- carpeted stairs that lack contrast, making edges hard to see
- pets and their toys

### Common hazards outside the home:

- garden paths that are cluttered or in disrepair
- uneven or pot-holed footpaths and other surfaces
- slippery floors in shopping centres or other places
- poorly lit stairs
- snow and ice in the winter

## Ways to make your home safer

### In the home:

- Train your pets not to sleep on your travel paths.
- Install good lighting.
- Remove items you could trip over, including pet's toys.
- Keep hallways clear.
- Clean up spills right away so you don't slip.
- Make steps safer with edging strips and a railing to hold onto.
- Install grab bars in bathrooms to help you get in and out of the tub or shower safely.

## **Outside the home:**

- Maintain all walkways and paths so they are even and not slippery.
- Use an ice pick to get rid of ice on walkways.
- Store hoses, tools and other items away after use.
- In the fall, make sure to get a sand and salt mixture ready to melt snow and ice on walkways.
- When walking your pet, keep the leash short to reduce the risk of tripping.

## **Away from the home:**

- If you see a potential hazard, report it to your local public works department, the owner of the home or manager of the commercial premises.

# What am I doing to be physically active?

**Review your current activities and complete the table below. An example is given to help.**

<b>What positive steps am I already taking?</b>	<b>What changes might help me stay on my feet?</b>	<b>How will I make these changes? Is there anyone I need to contact?</b>	<b>When will I make these changes?</b>
<p>I called the Public Works department the other day and told them about the dangerous paving near the tree at the corner.</p>	<p>I will put in a night light that comes on automatically when I go into the bathroom.</p>	<p>I will buy a night light.  I will call my local public health unit to get a copy of the Home Safety Checklist.</p>	<p>I will go to the store on Wednesday.  I will call my local public health unit tomorrow.</p>

**Who else do you know who would benefit from this information?**

## Stay Active, Stay Independent and Stay On Your Feet!

For more information about risk factors for falls or local falls prevention programs, contact: **Stay On Your Feet Sudbury Manitoulin**

**telephone:** 705.674.4330, toll-free 1.855.674.4330

**email:** stayonyourfeet@sdhu.com

**website:** www.sdhu.com

