Creating a Safer Home

A Guide to Preventing Falls

Clear Walkways

Keep hallways, doorways, and walking areas free from shoes, wires, bags, and other clutter that could cause trips or falls.

Improve Lighting

Add brighter bulbs and motion-sensor lighting to improve visibility, especially in hallways, bathrooms, and staircases at night.

Secure Rugs

Remove loose rugs where possible or secure them firmly with non-slip backing to stop them moving underfoot.

Add Grab Rails

Install grab rails near toilets, showers, baths, and entrances to provide extra balance and support.

Prevent Slips

Use non-slip mats in bathrooms, kitchens, and other areas where floors may become wet or slippery.



Store Items Safely

Keep regularly used items within easy reach so there is less need to stretch, bend, or climb.

Clean Spills Quickly

Wipe up spills straight away and keep floors dry to reduce the risk of slipping.

Safe Stairs

Keep stairs well lit, free from clutter, and fitted with secure handrails on at least one side. If stairs are becoming difficult or unsafe due to mobility issues, consider installing a stairlift or home lift to make moving between floors safer and more manageable.

Wear Proper Footwear

Choose supportive, non-slip footwear indoors rather than walking in socks or loose-fitting slippers.

Create Open Space

Arrange furniture to create clear, wide walking routes that are easy and safe to move through.

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