Prevent a Fall
at Home

- Make your home safer by removing clutter and checking for hazards

- Have bright lighting – use maximum recommended wattage in all lights

- Install a nightlight in your bedroom or hallway

- Have hand rails installed on your stairs

- Consider installation of hand rails and shower aids in your bathroom

- Wear well fitting shoes or slippers, with a non-slip sole

- Use the correct walking aid for your needs

- Review your medications with your Doctor & Pharmacist

- Have regular health checks eg. eyesight, hearing and feet

- Manage chronic health conditions to reduce risk of a fall

- Do regular exercise to maintain balance and muscle strength

NSW GOVERNMENT | Health