Adapt your home to make it safer

Don’t take risks: Ask for help from family, friends or carers so that changes can be made safely

**Objects & Environment**
- Remove objects you could trip over
- Ensure mats are firmly affixed, repair loose carpet or raised areas on the floor
- Move furniture out of walking paths
- Be aware of raised doorways and steps
- Use non-skid floor wax

**Bathrooms**
- Install handrails by the bathtub or shower
- Have non-skid mats (and watch out for slippery, wet surfaces)

**Lights**
- Keep your home well lit, especially hallways, stairways, and outside walkways
- Add extra light switches or use lights triggered by motion sensors

**Stairs & Steps**
- Always hold on to handrails and ensure they are stable and secure
- Wipe up any spills immediately
- Keep regularly used kitchen items at an easy-to-reach level

And be sure to wear appropriate shoes with good support, a broad heel and non-slip soles!