



# 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 in 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.

*Continued...*

## **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 or the owner or manager of the commercial premises.

# What hazards do I need to consider?

Review your action on hazards and complete the table below.

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

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



Supported by:



[www.myhealthunit.ca](http://www.myhealthunit.ca)

## 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 Nipissing** 705 474-1400  
**Stay On Your Feet Parry Sound** 705 746-5801  
 1 800-563-2808