



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.

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 will 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 public health unit to get a copy of the Home Safety Checklist.	I will go to the store on Wednesday. I will call my local public health unit tomorrow.

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



Supported by:



Ontario

North East Local Health
Integration Network



Sudbury & District

Health Unit

Service de
santé publique