



The Broons © DC Thomson Ltd 2024

1. LOOSE RUGS or CARPETS – Poorly fitting carpets, rugs on slippery floors or rugs laid on top of other rugs are easy items to trip over. Make sure carpets are well fitted and minimise the use of rugs.

2. ELECTRICAL CABLES – It's easy to forget about cables on the floor, but they are very easy to trip over, even if you've stepped over them a thousand times before. Make sure electrical cables are not left on the floor where people need to walk.

3. PETS – Pets are great company and often a great opportunity to be more active but they can lie or walk right in front of where you want to go. If your dog or cat lies on the floor, in the doorway or on the stairs, make sure to check whether they are in your way before you move and don't just try to step over pets as they might move suddenly and get under your feet, instead move around them or get them to move out of the way. If your dog jumps up or is excited, try to make sure it has plenty of exercise to help keep it calm.

4. KIDS' TOYS LEFT ON THE FLOOR – Oor Wullie is always leaving his bucket lying around, and most children can forget to tidy up when they've been playing. If you have children in the house, make sure their toys are removed from the floor when they have finished playing with them, even small plastic bricks can cause a fall if stood on.

5. MAGAZINES OR POST LEFT ON THE FLOOR – The easiest way to prevent falls is to remove all clutter such as old newspapers and magazines which, if left lying around, can become a slip or trip hazard.

6. WIRED TELEPHONE IN THE HALLWAY RATHER THAN A CORDLESS PHONE NEXT TO THE FAVOURITE SEAT – A common reason we fall in the house is when we are rushing to answer a phone call or a knock at the door. One solution is to have a cordless or a mobile phone which can stay within easy reach of wherever you are. Video doorbells linked to a mobile phone are also a good way to avoid having to rush through the house. If you do need to move to the door or a phone, take your time and make sure your path is clear.

7. POOR LIGHTING – Poor lighting is a real hazard. To make your house safer, install bright light bulbs, particularly in stairways and narrow hallways. Adding night lights in bedrooms and bathrooms makes your house even safer. Make sure broken bulbs are replaced as soon as possible – try to use LED bulbs which last longer.

8. BACKLESS OR POORLY FITTING SLIPPERS – Slippers may be comfortable but if they are poorly fitting or don't have backs to them, they can increase your risk of slipping or falling, very loose or baggy clothing can also create a similar problem.

9. GLASSES – Poor eyesight is probably one

of the biggest causes of falls, if you need glasses make sure you have them available at all times (including a spare pair if needed). Make sure to get your vision tested regularly and wear your glasses if they are prescribed – even for short trips to the kitchen or bathroom.

10. GLASS OF WATER – Drinking plenty of fluids is really important and becoming dehydrated is a really common cause of falling but if liquids are spilled, particularly on hard floors make sure the spill is cleared up as quickly as possible.

11. CLOSED CURTAINS – Natural light is not only good for your mental and physical health but also creates a safer environment to move around in. Keeping curtains closed during the day can make rooms darker and less safe. If your curtains need to be cleaned, make sure to get some help to take them down, most serious injuries from falls involve ladders or other items people have climbed onto.

12. RISER-RECLINER CHAIR – This one may not be an obvious or immediate falls risk but it is worth knowing about. As we get older, it becomes easier for us to lose the muscles we don't use. As Maw found out, standing up from a chair without help is a great way to keep the big muscles in our legs and hips strong. Using a riser-recliner chair to help us stand up regularly can help speed up the loss of muscle strength and increase our risk of falling.