

No Falls November

Spot the falls hazards

Over half of falls-related hospitalisations are due to a fall occurring in the home or in an aged care facility, however many falls are preventable.

Simple changes can reduce falls risk and make your home a safer place. This may involve:

- removing trip hazards
- installing safety rails
- improving lighting.

See if you can spot the falls risk hazards in the five images below.

Bathroom

5 hazards



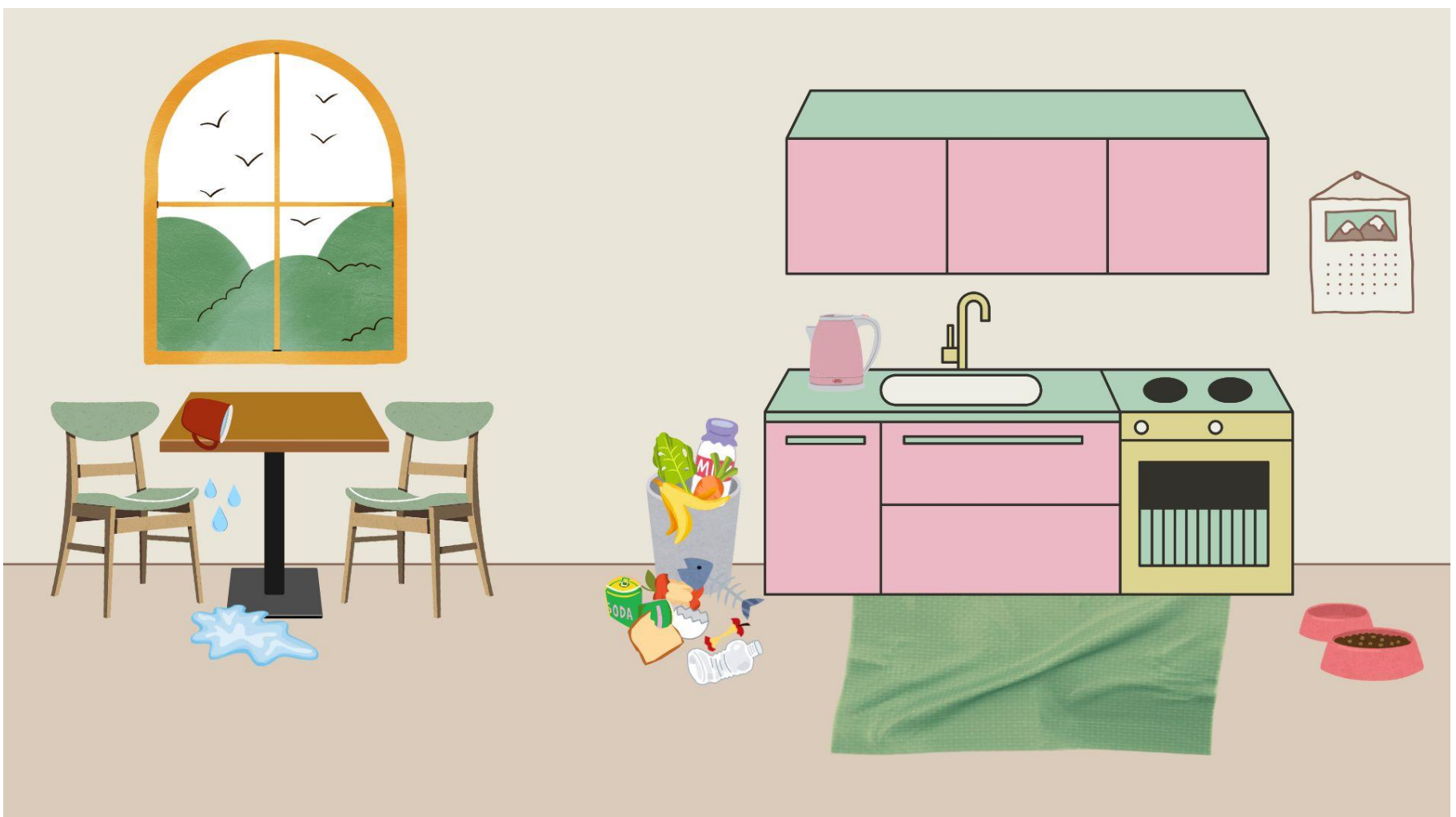
Living room

6 hazards



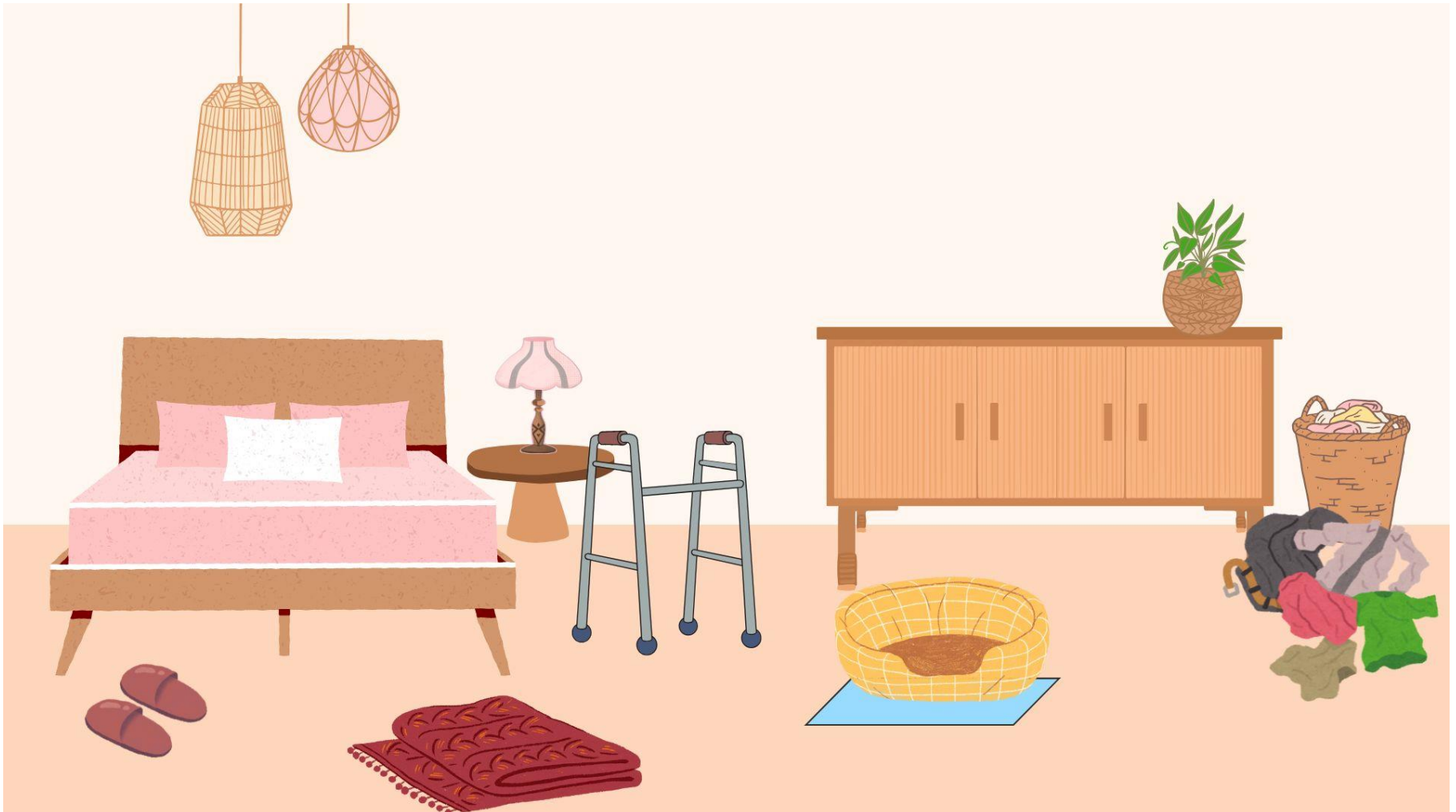
Kitchen

4 hazards



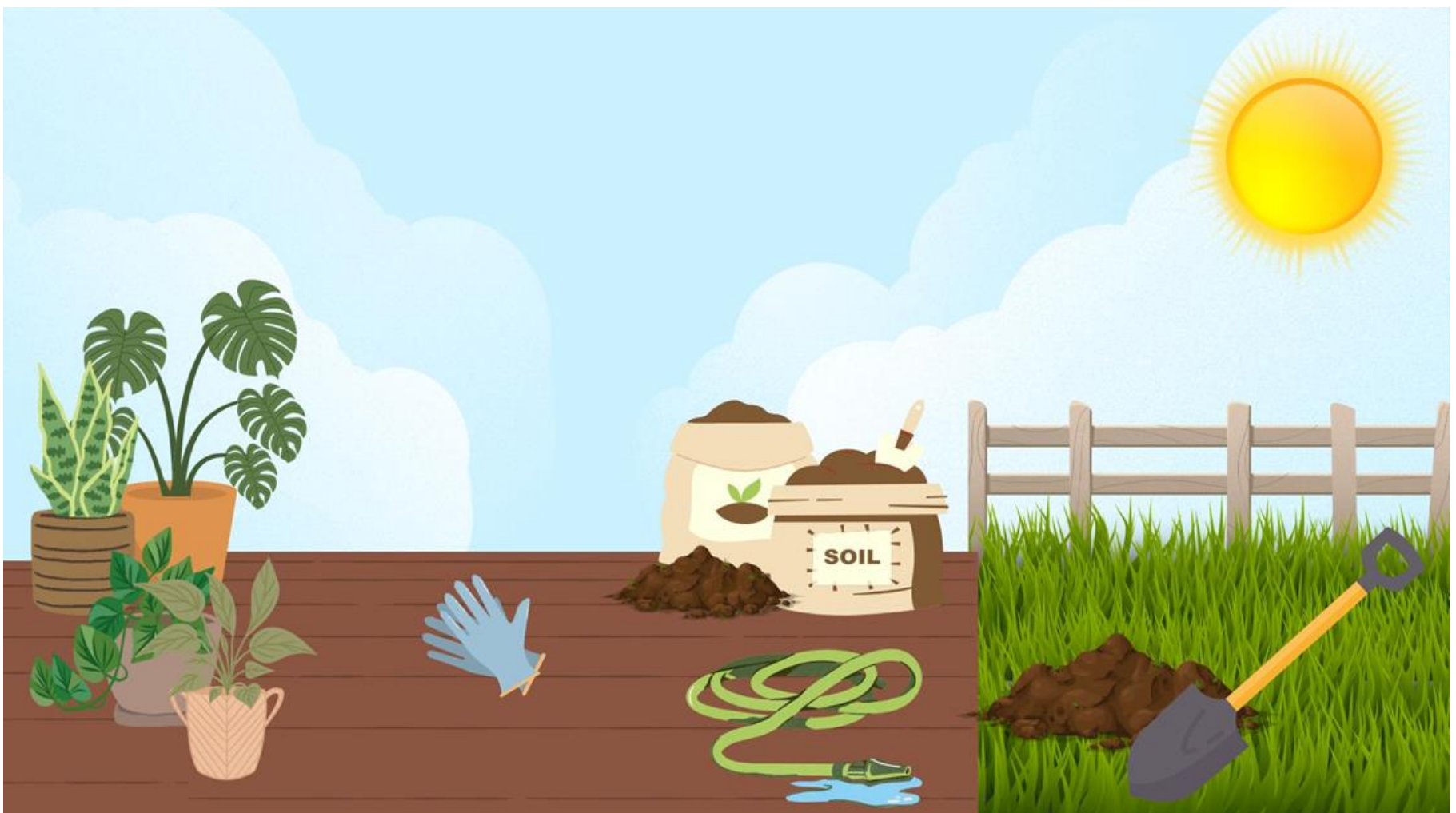
Bedroom

5 hazards



Garden

5 hazards



Answers

Bathroom

- Soap on the floor.
- Water on the floor near the shower.
- Shower mat.
- Heater cord.
- Toilet rolls on the floor.

Living Room

- Cord on the floor.
- Crinkled rug.
- Knitting on the floor.
- Remote of the floor.
- Sleeping dog.
- Walking stick leaning on the couch.

Kitchen

- Water spill.
- Food waste.
- Crinkled mat.
- Pet bowls.

Bedroom

- Slippers.
- Blanket on the floor.
- Dog bed and pad.
- Clothes on the floor.
- Walker reducing space to access bed.

Garden

- Pot plants.
- Garden gloves.
- Hose.
- Soil spill.
- Dirt and shovel.

