

Bathroom/Toilet

- ◇ Use non-slip mats/surfaces to prevent falls.
- ◇ Keep the floor, wall and fixtures clean and dry.
- ◇ Let the soap and water in the shower drain before moving around.
- ◇ Use proper grab rails for better support.
- ◇ Sit on a chair with arms and non-slip tips while bathing.
- ◇ Have a light switch near the entrance to the bathroom.
- ◇ Use a door lock that can be unlocked from the outside in case of

Some commonly recommended assistive aids



Foldaway grab bar



Non-slip mats



Anti-slip tapes



Straight grab bar



Anti - Skid Mats



Night light

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Ensuring a safe environment at home to minimize falls.

Rehabilitation Department (Occupational Therapy)

Why is it important to have a safe home environment?

In Singapore, 60% of falls occur at home. 10% of these falls result in physical injuries while 90% of them result in psychological trauma (fear of falling). This fear can limit the person's activity participation especially in daily tasks (such as dressing, showering, etc). Hence, it is important to have a home environment that is safe, secure and has minimal fall hazards in order to prevent any injury, be it psychological or physical.

What are the common environmental fall hazards at home?

- ◇ Slippery floor
- ◇ Obstructions along the walkway or corridor
- ◇ Poor lighting
- ◇ Narrow walking space
- ◇ Low seat height
- ◇ Unstable furnitures

Where are the common areas that fall occurs?

There are various places at home that can result in a fall. These places could be:

- ◇ Living Room
- ◇ Dining Hall
- ◇ Kitchen
- ◇ Bathroom/Toilet
- ◇ Bedroom

Home Safety Tips

Living Room

- ◇ Rearrange furniture to provide a spacious walkway
- ◇ Remove obstructions and loose items on the floor
- ◇ Use chairs of a comfortable height with back supports, armrests and firm cushions.
- ◇ Ensure that all walkways are bright and well lit.
- ◇ Use cordless telephone for convenience.

Kitchen

- ◇ Arrange all commonly used items within reach.
- ◇ Use appliances with thermostats, timers, signal lights and buzzers, to alert the user.
- ◇ Knob controls on front panel.
- ◇ Use countertop lighting for cutting and cooking
- ◇ Use hobs that are equipped with safety system that automatically shuts off the gas supply when the flame goes out.

Bedroom

- ◇ Arrange furniture such that lamps/light switches are located close to the bed.
- ◇ Remove obstructions and loose items on the floor.
- ◇ Use bed of an appropriate height with a firm mattress.