



## WINFAR | Home Safety Checklist

Did you know that up to 80% of all falls occur in the home?

Conclusion: Home safety is absolutely critical. Especially for seniors and those returning home from surgery. It is essential that you can maneuver safely from room to room. Here are a few simple tips and modifications that will make your home safer, stress-free and as unthreatening as possible.

### General

- Ensure there is no furniture or clutter blocking walking areas. Particularly between the bedroom & bathroom.
- Ensure all electrical cords are secured and out of the way of walking areas.

### Lighting

- Ensure every room and walkway is well lit.
- Ensure the light switches are easy to find and there are night lights in bedrooms, bathrooms and hallways.

### Flooring

- Remove any clutter, rugs, or floor mats in the walkway. Particularly between the bedroom & bathroom.
- Ensure all throws/area rugs are tacked down or put away.

### Bathroom

- Ensure the bathroom itself is well lit? Is the light switch easy to find?
- Ensure there are no loose objects lying around on the bathroom tops. Everything that is not essential, should be out of the way. All essentials should be within easy reach.
- Do they have a place to sit while at the sink? A well-placed seat reduces the standing times and the risk of a fall.
- Keep the floor dry at all times! Wet or damp floors are a hazard
- Ensure there are non-slip strips or a non-slip mat on the floor of shower. Having a non-slip bathmat inside the tub or shower is crucial. It gives the feet traction when you move around.
- When you step out of the tub, make sure you have a secured bath mat outside the tub, to dry your feet and keep the floor from getting wet. Don't use throw mats, as these slip and bunch up easily.
- Grab rails are essential to help seniors stand and maneuver around with ease. Ensure there are grab bars in the tub or shower and by the toilet.
- Adding wall-mounted grab bars around the toilet area increases support when sitting and standing.
- If you experience difficulties sitting or raising from the toilet, you may find a raised toilet seat a useful aid.
- Reduce the stress and risk of standing in a shower with a shower chair or bath chair.
- If you take showers, invest in a hand-held showerhead - it allows easy control and minimizes movement.
- Inside the cubicle, ensure everything you need is easy to reach and within arms reach.

### Kitchen

- Items used often should be kept accessible, at waist level.
- Only light weight items should be stored on higher shelves.

For more information: <https://winfar.co.za/bathroom-safety-checklist-for-seniors/> Visit [www.winfar.co.za](http://www.winfar.co.za) | Tel: 021 797 0034 | Whatsapp: 076 869 7061