



Care & Repair
Gofal a Thrwsio



Top Tips on Preventing Trips, Slips & Falls

- ⑥ Remove or tape down loose rugs to avoid slips and trips
 - ⑥ Wipe up floor spills straight away
 - ⑥ Minimise bending/climbing
 - ⑥ Have a letter tray and rack fitted for deliveries
 - ⑥ If you must climb, use proper steps
 - ⑥ Get up from chairs/ bed slowly
 - ⑥ Have a regular eye test
 - ⑥ Avoid trailing clothes which may trip you up
 - ⑥ Don't wear sloppy slippers, buy a new, well fitting pair
 - ⑥ Keep stairs free from clutter
 - ⑥ Keep stairways and halls well lit
 - ⑥ If prescribed medication is making you feel dizzy, keep taking it, but consult your GP
 - ⑥ Be aware of pets. Dogs and cats can cause trips and falls if they are around your feet
- If you do have a fall:**
- ⑥ Don't panic – you will probably feel a little shocked and shaken but try and stay calm
 - ⑥ If unhurt look for something to hold onto
 - ⑥ Hold onto a firm object for support, and place one foot flat on the floor with the knee bent in front of the body
 - ⑥ Lean forward putting weight on hands and foot until it is possible to place other foot beside the one on the floor and stand up slowly
 - ⑥ Sit down and rest for a short time

 Contact your Local Care & Repair Agency

Tel: 0300 111 3333

www.careandrepair.org.uk

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