

Fact sheet

Potential Dangers for falls

On home visits we have a duty to look for and action potential dangers.

Environmental factors contributing to a fall:

- Rugs
- Flexes
- Chairs too low
- Spills on the floor
- Uneven carpets
- Poor lighting
- Inappropriate seating
- Picking up items cups - visitors
- Treading on things - toys
- Handbag straps
- Coffee table/furniture

What can we do to reduce the environmental risks within the home?

Aim

To increase awareness of falls and to hone-in on environmental factors.

Caution

There is an assumption that all rugs are dangerous but what is needed is to say why?

Activity

- You need a flipchart/board and marker pen.
- Ask group members to highlight causes of falls in and around the home.
- Ask the group to identify why these hazards are or could be dangerous to the individual.