



**Over 65's:
staying safe when
you're staying at home**

To support the fight against COVID-19 we have been asked to **STAY AT HOME**

Over half of all accidents that happen to those that are over 65 occur as a result of **falls** in the home. Other common accidents include fire and poisoning from medications.

Keeping the home environment safe by removing risks from the home is the first important step we can take to prevent falls.

Use the following home safety checklist to make sure you are safe at home.

**Equally important is keeping
active**

MOVE MORE SIT LESS

Your Stay Safe At Home Checklist

- ✓ Keep stairs clear from clutter and well lit
- ✓ Wear supportive footwear
- ✓ Tape down loose rugs
- ✓ Mop up spills
- ✓ Use a non-slip bathmat
- ✓ Turn off electrical appliances at night, including battery chargers
- ✓ Don't overload electrical sockets
- ✓ Remove trailing leads
- ✓ Test your fire and smoke alarms
- ✓ Do not dry clothes on fireguards or heaters
- ✓ Take care with smoking materials and never smoke in bed
- ✓ Beware of dangers of exceeding prescribed drug doses
- ✓ Try not to carry hot liquids too far
- ✓ To stay warm use multiple thin layers of clothing
- ✓ Eat regular meals and hot drinks throughout the day

To see some exercises you can do at home click on link below:

<https://www.csp.org.uk/publications/get-go-guide-staying-steady-english-version>

Or contact Lisa McAliskey, Community Health Improvement Officer on
028 3756 3952

If you have any concerns with regards your safety at home during COVID-19 you can contact:

**Access and Information for signposting and
advice on 028 3756 4300**