



**ROSPA**  
accidents don't have to happen

**SOVEREIGN**

# Slips, trips and falls Home Safety Tips

The Royal Society for the Prevention of Accidents

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## Who is RoSPA?



-  Leading safety charity
-  Campaigning for over 100 years!
-  Source of reliable, trusted advice and information

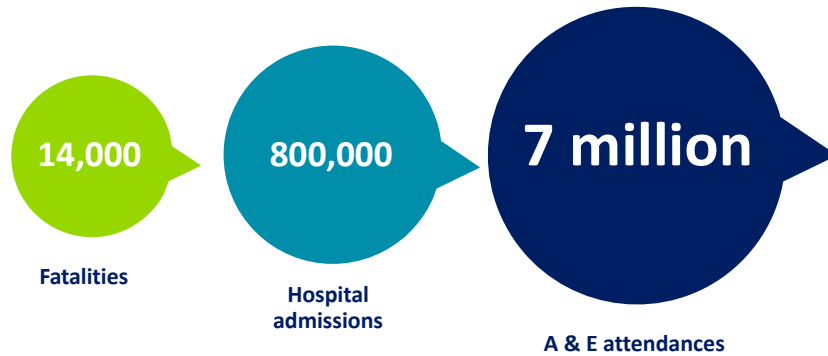


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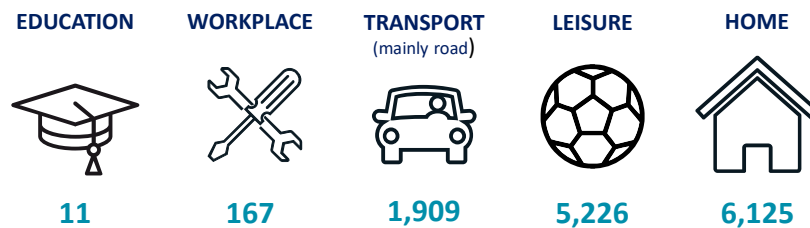
## Accidents: a major cause of death and injury

Each year, approximately



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## Accidental Injury in the UK...



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## Accidental Injury in the UK...

For every fire-related hospital admission, there are **234** due to falls  
 – SBD fact

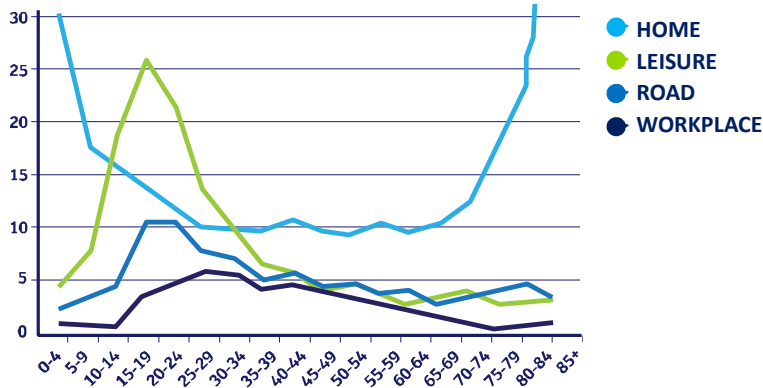
**Falls** are the largest single cause of accident related A&E attendance



Source – ONS 'Office for National Statistics

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## Who is most at risk of home accidents?



**Children** under 5 and people aged over 65 are most at risk from home accidents



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# What can you do?

Just as at work, accidents at home don't have to happen

Simple steps can give you peace of mind

Here are our top tips. We're sure you'll have more of your own!

And help keep you safe in your home...



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# Falls relating to children

**Under-5s** represent the largest group admitted to hospital following a fall at any time before the age of 65.



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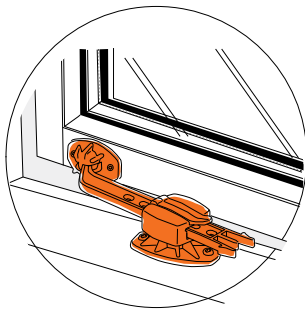
## Falls relating to children



**Most** falls happen as a result of falls from or between two levels, such as falling from stairs, furniture like sofas or beds or windows, out of a pram or highchair or from a raised surface during nappy changing.

## Preventing falls among children

### Fit window restrictors



**Avoid** placing furniture or beds where a child could climb up to reach an open window.



## Preventing falls among children



**Fit** safety gates to restrict access to the top and bottom of stairs

Ensure they conform to European Standard EN 1930: 2011

Recommended for children up to the age of 24 months



## Preventing falls among children

### Other Top tips:



Baby bouncers should only be used on the floor

Teach children to tidy up toys

Never leave clutter on the stairs

Baby walkers are **NOT** recommended

Use 5-point safety harness in prams and highchairs

Never leave babies on raised surfaces

Never leave babies on the floor



## Prevention falls - Adults



**As** we grow older, we can become less physically able, almost without noticing. It is important to be aware of these changes, and to take action in advance to make sure they don't lead to fall accidents.



## Preventing falls - Stairs

Keep carpets and flooring well maintained, not highly patterned

Over 41,000 admissions 2017-18

Keep stairs clear from clutter

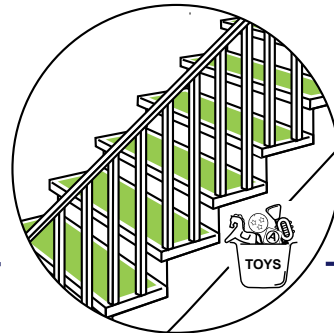
Keep using the stairs (maintains muscle strength)

Hold handrail

Clean up spillages immediately

Well lit stairs – sensor dimming lights

Handrails fitted both sides



## Prevention - Bathroom

**Use** a non-slip bath mat

Many falls relate to transference into and out of the bath or shower, loss of balance within a bath or shower or from standing after the toilet

**FACT**  
The number of falls in bathrooms –  
**54,000**  
Visits to A&E

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## Home safety and falls- Checklist

Floor type – suitable and well maintained

Layout of furniture

Pets

Footwear, wear slippers with hardbacks

Clutter free

Contamination (wet slippery surfaces)

Lighting stairs and night time

Low temperature, keep muscles warm

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## Falls and older people – key facts

A third of people aged 65 and over fall at least once every year

On average, women over the age of 75 are twice as likely to die as a result of a fall than men

There is one hip fracture every **10 minutes** in the UK

More women fall than men



## Falls and older people – Take the *Balance Challenge*

Did you know that from the age of 30 our muscles can lose up to **8%** of their strength every decade?

Here are some simple exercises from the NHS you can do to help your balance.



## Find out more!



Got a specific safety question?  
Call our **information**  
for advice you can trust.

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