



## Stay On Your Feet...

# STEP 9 Identify, Remove and Report Hazards

Many people think falls are caused by hazards around the home, but actually most falls are caused by personal situations such as your lifestyle or your physical or mental state.

### Common hazards inside the home:

- Slippery floors
- Clutter or obstacles on the floor, including unsecured electrical cords
- Loose mats or scatter rugs

### Common hazards outside the home:

- Garden paths that are cluttered or in disrepair
- Uneven or pot-holed footpaths and other surfaces
- Slippery floors in shopping centres or other places
- Poorly lit stairs
- Carpeted stairs that lack contrast, making edges hard to see

### Minimize hazards

#### In the home:

- Install good lighting
- Remove items you could trip over
- Keep hallways and passages clear
- Clean up spills right away so you don't slip
- Make steps safer with edging strips and a railing to hold onto

#### Outside the home:

- Maintain all walkways and paths so they are even and not slippery
- Store hoses, tools and other items away after use

#### Away from home:

- If you see a potential hazard, report it to your local Public Works department or the owner or manager of the commercial premises

## Stay Active, Stay Independent and Stay On Your Feet!



For more information on the 9 steps, call:

Stay On Your Feet North Bay 705 474-1400

Stay On Your Feet Parry Sound 705 746-5801

1 800-563-2808

# What hazards do I need to consider?

Review your action on hazards and complete the table below.

An example is given to help.

**What positive steps am I already taking?**

*I called the Public Works department the other day and told them about the dangerous paving near the tree at the corner*

**What changes might help me stay on my feet?**

*I'll put in a night light that comes on automatically when anyone goes near the back steps*

**How will I make these changes? Is there anyone I need to contact?**

*Call the electrician*

**Who else do you know who would benefit from this information?**