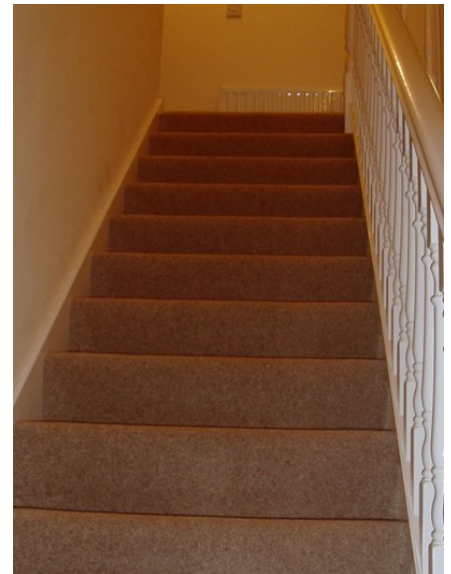


Home Safety: Hall, Stairs & Landing

- Keep the hallway free from clutter.
- If you use a doormat ensure it is in good repair, secure and doesn't cause a tripping hazard.
- All floors and carpet should be secure, in good repair and not causing any tripping hazards. Secure any loose floor boards.
- Tidy away all trailing cables.
- Don't leave any objects or furniture on the stairs that may cause a tripping hazard.
- Assess the bottom of the stairway. Keep it free from obstruction such as tables and units as these can increase injury should a fall occur.
- You should have at least 1 sturdy banister securely fitted. A second banister can provide more stability.
- Keep the hall way well lit. Lighting should cover the entire stairway and top and bottom. Light switches should be two-way.
- Avoid repetitive carpet patterns (especially on stairs) that may cause a false perception for those with poor eyesight.



Do you know?...

- **If you have difficulty getting up/down stairs you may benefit from an assessment from the Northern Health & Social Care Trust Community Occupational Therapy (OT) Service. They support individuals assisting them to live as safely and independently as possible within their own home. Following an assessment, intervention may include providing advice, equipment or recommendations for adaptations to the home environment.**
- **You can ask the GP refer or you can self refer to your local Community OT:**
 - ***Antrim* 028 9442 6100**
 - ***Newtownabbey* 028 9034 1555**
- **Alternatively, if you receive a Home Safety Check the Home Safety officer can then refer you to this service.**

**For more information please contact the Home Safety Officer
T: 028 9034 0160 E: envhealth@antrimandnewtownabbey.gov.uk
Or visit the home safety section on our website:
www.antrimandnewtownabbey.gov.uk**