

Home Safety: Bedroom

- **Lighting in your bedroom is very important. Ensure it is well lit and side lamps are easy to reach and easy to switch on.**
- **If you get up during the night, it is advisable to switch a light on.**
- **To reduce fire risk do not overload your sockets or extension leads.**
- **Tidy away trailing cables.**
- **Replace or repair any loose or worn carpets and mats and keep any walkways free from clutter.**
- **Arrange wardrobes so more frequently used items can be easily accessed.**
- **Keep access to windows clear especially in case of a fire.**
- **Reduce trips by wearing suitable night wear that doesn't trail on the ground.**
- **When making your bed don't let bed covers trail the ground.**



- **Keep a charged mobile phone or cordless phone with you in case of emergency.**

Do you know?...

- **If you struggle to get out of bed you may benefit from an assessment from the Northern Health & Social Care Trust Community Occupational Therapy (OT) Service. The Community OT Service supports 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**