

Home Safety: Outdoors/Garden

Gardening and just getting outside is good for both our mental and physical health. It also gets us moving and improves balance. It is important however, that we take care when in our garden:

- Maintain pathways and steps ensuring any pot holes or cracks are repaired.
- Remove any moss or wet leaves to reduce the likelihood of slipping outside.
- Outside lighting should adequately light the area and be in good working order.
- Handrails can be installed at steps/walkways in the garden to reduce the risk of falling.
- Always use an RCD (power breaker) with electrical equipment used outside e.g. power tools, lawnmower and beware of trailing cables.
- Wear footwear that can't easily slip off and always wear appropriate protective equipment when using tools.



- Clothes lines should be at a suitable, accessible height. If not, consider repositioning or purchasing a new one.

Do you know?...

If you have difficulty getting in or out of your home (e.g. steps to go up or down at the door) 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