

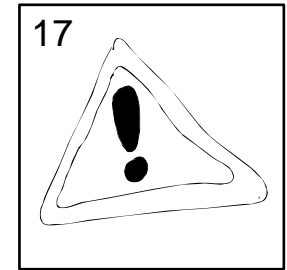
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

1	<i>Choosing an Armchair</i>
2	<i>Choosing a Bath with a Door</i>
3	<i>Choosing a Bathlift</i>
4	<i>Choosing a Commode</i>
5	<i>Choosing an Electric Bed</i>
6	<i>Choosing an Electric Wheelchair</i>
7	<i>Buying by Mail Order</i>
8	<i>Choosing a Riser Recliner</i>
9	<i>Choosing a Scooter</i>
10	<i>Choosing a Stairlift</i>
11	<i>Choosing a Walking Stick</i>
12	<i>Choosing a Wheelchair</i>
13	<i>Choosing a Wheeled Walker</i>
14	<i>Choosing a Mattress</i>
15	<i>Choosing a Social Alarm</i>
16	<i>Choosing Grab Rails</i>
17	<i>Avoid Slips and Trips</i>
18	<i>Choosing a Power Pack</i>

**Large Print Versions Available on Request**

~ For more information contact your local ~  
 Independent Living Centre : **01392 687276**  
 Citizens Advice Bureau : **see local phone directory**  
 Trading Standards Dept. : **0870 872 9000**  
 Social Services Dept. : **see local phone directory**

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**Make your home a safer place...**

... useful tips to avoid slips and trips



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Try to keep active if that is all right with your doctor

Use anti-skid polish on floors

Don't walk around in socks or stockings on polished floors and look after your feet. Think generally about footwear. Is it good for walking around?

Get rid of small rugs – it is easy to trip on the edges

Make sure all carpet is secured properly

Use long life bulbs – they don't need changing as often

Have an extra hand rail put up the stairs, alongside steps around the house, about the bath and by the toilet

Get an anti-slip mat for the bath or shower and replace it when the suckers begin to lose adherence

Keep soap and shampoo close to hand when bathing or showering

Avoid trailing wires. Have extra power sockets installed and use a mobile / cordless phone rather than a wired one

Be tidy – pick up anything that falls and keep small objects like bins out of the way. Watch out for pets.

Wipe up any spills as soon as possible

Don't put heavy or often used items in high cupboards

Take your time when answering the door or telephone, don't get up too quickly

Make sure your lighting is good, particularly on the stairs

Don't leave things on the stairs

Put the light on before you get out of bed at night

Make sure light switches are by the door and electric power sockets are easily reached

Fit a letter box cage to avoid bending down

Be particularly careful when children come to play and don't let them play with your assistive equipment such as a stairlift or electric riser/recliner chair

Don't carry items that are too big or too heavy

Wear your spectacles all the time if you should and have your eyes tested regularly

Use your walking aid, if you have one, and make sure you have a walking aid both upstairs and downstairs to avoid carrying one while using the stairs

Ask your doctor to check your medication regularly, particularly if you feel dizzy

Consider finding out about Community/Social Alarm Systems; so that if you did fall you can easily call for assistance

**FOR FURTHER ADVICE ON HOW YOU CAN HELP PREVENT SLIPS AND TRIPS AROUND THE HOME TELEPHONE YOUR LOCAL INDEPENDENT LIVING CENTRE ON  
01392 687276**

**Assist UK is the national network for advice on independent living equipment where anyone having difficulty with everyday tasks can get advice, information and try out a wide range of products and solutions.**

**To find your nearest centre call us now on 0870 770 2866 (Textphone 0870 770 5813)**