

# Safety Summary

**Think : Plan : Then do**

*Don't do it alone,  
don't rush.*

*Take your time to think  
about what you are going to  
do.*

*Have the right tools for the  
job at hand.*

*Think about possible  
dangers.*

**Be Aware, Stay Alert  
....and then Apply.**

## *Take Sensible & Safe Steps to Reduce Your Risk of Falls and Injuries around your Home*

Falls and accidents can happen in a split second to anyone and can be as a result of doing simple home maintenance tasks.

A fall from a ladder can have *serious consequences* and change your life. It's a misconception that you have to fall from a great height to sustain a severe injury. Around 80% of people who suffer severe fall-related injuries fall from a height of less than 3 metres!

Major injuries to the head or spine can be sustained by falls from relatively low heights such as stairs, stepladders and low balconies.

### Major Falls Risk Factors

- ⦿ Problems with Vision
- ⦿ Problems with Feet and Footwear
- ⦿ Multiple Medication
- ⦿ Chronic Conditions
- ⦿ Reduced Physical Fitness
- ⦿ The Environment—inside and Out

Produced with input from the local Men's Sheds & Probus Clubs

# Take TO PREVENT A FALL Steps



**Doing Jobs  
Safely Around  
the Home**



**Northern Sydney Health Promotion**



**Health**  
Northern Sydney  
Local Health District

# Safety First

## You

- Think and plan before you start any job.
- Know your limitations.
- Stay strong and active to be able to do the job
- Make sure you are capable (or qualified) to do the task
- Be realistic that it is a job you are able to do.
- Ask someone for advice and help if necessary or get others to do it!
- Pace yourself, do little bits at a time and leave it if you are tired.
- Do not climb on or do anything when you are feeling dizzy, tired or home alone by yourself
- Do not undertake a home maintenance task if you have taken alcohol or strong medication



# Work Environment

## Inside

- Avoid wet floors and loose matting and make sure floors are clean and clear of clutter all the time.
- Do not stand on unsafe furniture such as ...3 legged stools, high stools, chairs with castors, swivel chairs.
- Make sure there is adequate lighting to see everything.

## Outside

- Wear sunglasses and a hat to reduce glare.
- Make sure paths are clean and clear of things such as moss; wet leaves.
- Put tools away immediately after use.
- Have a mobile/cordless phone with you in case of emergencies!

# The Tools

Have the right equipment available before you start the job!

## Using Ladders

- Take extra care when using a ladder and use an appropriate ladder for the job.
- Check the ladder to make sure it is in good repair, ensuring the ladder rungs are secure and robust.
- Secure ladders properly before climbing. Make sure it is on a firm, level surface and supported before climbing.
- Make sure locking arms are secure.
- For step ladders, do not use it in a closed position.
- Don't over reach or stretch out too far—move the ladder instead.
- Don't allow more than 1 person on the ladder at a time.
- Have some-one hold the ladder for you.
- Wear strong, slip-resistant shoes to spread the load on the soles of feet.

