Preventing falls in the home

One or more sections on this page provide access to easy-read information - look out for this logo.

Trips, slips and falls are among the most common types of accident to occur in the home. For young, mobile and healthy people, injuries from these kinds of accidents are usually minor bumps and bruises. However, as you get older or less mobile, trips and falls can be more dangerous. Falling heavily can lead to serious injuries such as sprains or broken bones and sometimes people may find it difficult to get up again.

- Getting the right support
- Some tips for staying safe
- What else you can do
- Other information and advice