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 Alertand 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.

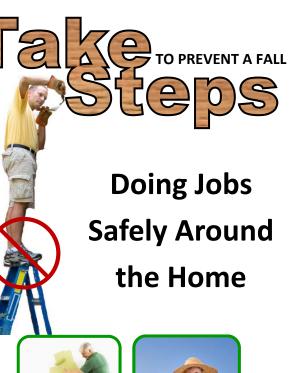
A fall from a ladder can have *serious consequences* and change your life. It's a misconception that you have to fall from a great height to sustain a severe injury. Around 80% of people who suffer severe fall-related injuries fall from a height of less than 3 metres!

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
- O Multiple Medication
- O Chronic Conditions
- Reduced Physical Fitness
- The Environment—inside and Out

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











Northern Sydney Health Promotion



Safety First

Work Environment

The Tools

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



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!

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.

