

# Slips, Trips and Falls



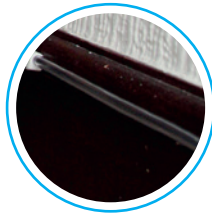
We take your safety very seriously. Your home oxygen machine has been supplied with enough tubing for you to reach the rooms in your home to enable you to carry out your daily activities.

You may wish to have your tubing fixed to the walls or skirting boards to avoid slips, trips and falls. Call us on 0800 373580 to arrange this.

## **Tips for reducing the risk of falls in your home include:**



Reduce clutter



Consider fixed tubing, call us on 0800 373580 to arrange this



Move trailing cables



Mop up spilled liquids

## More tips for reducing the risk of falls in your home:



Wear supportive footwear



Use non slip mats or rugs



Ensure light bulbs and lights are working



Place tubing over your shoulder as you walk



Gather up excess tubing when seated to prevent tripping as you stand



If you have had a fall or are concerned about falling please contact your Healthcare Professional

