



Home Safety Check and Falls Prevention

It is now well established that the risk factors which increase the vulnerability of an individual to fire are exactly aligned to those which affect a person's health and wellbeing – age, mobility, smoking, alcohol, mental health, living alone etc.

This is the ethos behind TWFRS developing home safety checks which will incorporate the standard home fire safety check with additional elements around health and wellbeing, focusing on a person centred approach. In addition for those aged 65 years and over primary falls prevention advice is also provided.

The home safety check aims to identify all fire and lifestyle associated hazards, in order to reduce the risk of having a fire or an accident in the home.

Tyne and Wear Fire and Rescue Service personnel deliver various methods of fire safety education and protection advice and will fit appropriate smoke detection, including specialised smoke detection for the deaf and hard of hearing if required.

Education and advice is always tailored and appropriate to the personal needs and circumstances of the occupier in their home. Tyne and Wear Fire and Rescue Service personnel will ensure that all aspects of fire safety and lifestyle risks are covered during the visit, including:

**Fire escape plans • Bedtime routine • Kitchen and cooking safety
Electrical safety • Smoking safety • Candle safety**

The lifestyle factors the FRS will offer brief advice and onward referral to the most appropriate partners for are smoking cessation, alcohol and substance misuse, dementia, winter warmth, social isolation, hoarding, flu vaccine advice, access to benefits, carers support and crime prevention.

Additional falls prevention element:

In addition to the home safety check primary falls prevention is also offered to all occupiers aged over 65 years. The check aims to deliver advice around falls prevention, covering the following:

**Eye sight tests • Medication reviews • Slipper check • Interior lighting
Good housekeeping/removing clutter • The importance of strength
and balance/exercise classes**

Prevention staff also carry out low-level interventions within the home including:

**Securing loose rugs and worn carpets • Securing loose or untidy cables
Removal of trip hazards**

Issue of non-slip bath mats, postcard room thermometers, helping hands, replacement ferrules for walking aids and nightlights is also available.



In addition, onward referral to the Falls Service is also offered.

To request a visit email:

pe.tyneside@twfire.gov.uk

Or call 0191 444 1831

**Tyne and Wear Fire
and Rescue Service**
Creating the Safest Community

