



What can you do in your home to prevent injury?

PREVENTING BURNS

When cooking: Make sure that pot handles are turned towards the back of the stove. Roll up your sleeves so they do not get in the way of any hot substances.

When smoking: Always make sure cigarette butts are fully extinguished and placed in an ashtray.

When using candles: Make sure they are placed well away from flammable objects such as curtains.

When using hot water: Make sure that you never run a tap using purely hot water. Also be careful – metal taps get hot very quickly!

Finally, it is important that you know where the nearest fire-hose and extinguisher are.

PREVENTING FALLS

Make sure of the following:

- flooring in the house and bathroom is non-slip; place non-slip mesh under loose carpets
- loose electrical and phone cords, rugs or furniture are safely out of the way
- all areas of your home are properly lit
- have grab-rails installed in the bathroom
- wear a proper pair of shoes

KEEPING PHYSICALLY ACTIVE

Exercise of moderate intensity may benefit many elderly persons in a number of complementary ways. These include:

- improving cardiovascular health
- decreasing the risk of fractures by increasing bone density
- improving functional ability, such as balance
- improving mental processing and psychological wellbeing

IN CASE OF EMERGENCY

Nationwide Emergency Response

10111

City of Cape Town General Emergency

107

City of Johannesburg Emergency Connect

011 375 5911

24-hour emergency services relating to all life-threatening situations, including ambulances, fire engines and metro police.

Photograph courtesy of Sean Wilson Photography (seanwilson.co.za)

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