

# STAY ON YOUR FEET®

## REMOVE HAZARDS CAMPAIGN

**Falls are preventable!**  
**Remove hazards to help prevent falls.**



1 September to 30 November 2023



Department of  
Health



Stay  
On Your  
Feet WA®



**We're Injury Matters, WA's injury prevention and recovery specialists. Helping people recover from injuries. Or, better still, avoid them altogether.**

At Injury Matters, we innovate and deliver injury prevention and recovery programs and solutions that empower people, organisations and policymakers across WA to make informed, safer choices.

Programs that keep people safer and healthier at home, work and on the go. We provide support that reduces the widespread physical, emotional and financial impact of injuries and trauma.

**Stay On Your Feet® is WA's leading falls prevention program for older adults living in the community, aiming to prevent falls and falls-related injuries among older adults.**

The program promotes how to keep active and alert through the Move Improve Remove Campaigns; Move Your Body, Improve Your Health, and Remove Hazards to stay active and alert to prevent slips, trips, and falls.

Injury Matters has delivered the Stay On Your Feet® Program, funded by the WA Department of Health, since 2001.

## FALLS IN WESTERN AUSTRALIA

### Key Findings

**354**  
falls-related  
fatalities  
in 2019

**Every 25 hours**  
someone  
died due  
to a falls-related  
injury in 2019

**31,708**  
falls-related  
hospitalisations  
in 2020

**42,160** falls-related  
emergency department  
presentations in 2020

**\$253.7 million**  
was paid in lost-time  
compensation  
claims in  
2020 due to a  
workplace fall<sup>8</sup>

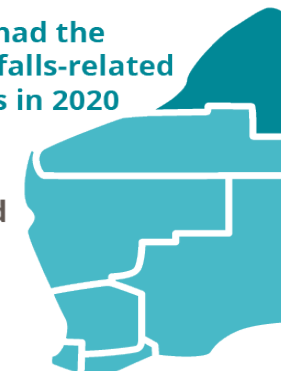


**Every 17 minutes** someone  
was admitted to hospital  
due to a falls-related injury  
in 2020



**Individuals aged 85+**  
were most impacted

**The Kimberley** had the  
highest rate of falls-related  
hospitalisations in 2020



**Males** experienced  
a higher rate of  
falls-related  
fatalities in 2019



**On average** individuals spent  
**7.6** days in hospital  
due to a falls-  
related incident  
in 2020



**Females** experienced a  
higher rate of falls-related  
hospitalisations and emergency  
department attendances in 2020



**On average**  
**84 falls**  
incidents required  
an ambulance  
attendance  
per day in 2020  
(n=30,918)<sup>5</sup>





# ABOUT THE CAMPAIGN

**Remove Hazards is one part of the Move, Improve, Remove messaging used to encourage older adults to stay active, independent, and prevent falls.**

An individual's vision, foot health, and their home environment can influence their falls risk, and maintaining overall health and wellbeing is essential for healthy ageing.

The Remove Hazards campaign will run from 1 September to 30 November 2023. Campaign information and activities are available on the [Stay On Your Feet® website](#) or by signing up to the Falls Prevention eNews for health and community workers, or the News and Views eNews for older adults.

## Target Audience

The campaign is suitable for older adults living independently in the community.

## Key Messages

- Removing hazards in and around the house makes your home safer.
- Look after your eyes and check your eyesight regularly.
- Take care of your feet and wear safe footwear to help you stay active and mobile.
- Falls are preventable.

## Calls to Action

- Use the Stay On Your Feet® Home Safety Checklist to remove hazards in and around your home
- See an optometrist for eye checks every two years or if your vision changes
- Use the Stay On Your Feet® Healthy Foot Guide to look after your feet and see a podiatrist if you notice any changes.
- Use the Stay On Your Feet® Shoe Safety Checklist and wear safe footwear that fits well.
- Tell a doctor or GP if you have had a fall

# WHAT'S IN THIS TOOLKIT?

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# GET INVOLVED

## Attend Trainings and Events

Stay On Your Feet® provides training and networking events that aim to increase your capacity to work in falls prevention. Keep an eye on our [events page](#) for Remove Hazards trainings throughout the campaign period, which will be regularly updated on our website and shared via social media.

## Book an On-Demand training

Injury Matters offers a range of Stay On Your Feet® presentations and training to community, health, fitness, or allied health professionals working with older adults that our trained staff will come out and deliver at your workplace.

- [Active Balance for Falls Prevention](#)
- [Applying the Otago Falls Prevention Program in Practice](#)
- [Falls Prevention training for Support Workers](#)

## Spot the Hazard Game

Slips, trips and falls can happen to anyone but as one gets older, the chance of it happening increases. With around half of all falls occurring in and around the home, it is important to promote safety measures that enable older adults to live independently within the community..

The Spot the Hazard game can be used to help show older adults on how to spot hazards and to make their homes safer in a fun and interactive way!

**THERE ARE SEVEN FALLS HAZARDS IN THIS IMAGE**



## Have us at your community event

Peer educators and staff at Injury Matters are available to attend community events such as expos, fairs and open days. We can hold short presentations and host display tables across Perth, and with enough notice and availability in regional locations.

Call us on 1300 30 35 40 or email [info@stayonyourfeet.com.au](mailto:info@stayonyourfeet.com.au) to discuss your upcoming events.

## Book a peer education session for your community

Injury Matters offers free Move Improve Remove, Move Your Body, Improve Your Health, and Remove Hazards presentations for community groups. Delivered by peer educators who are trained to deliver falls prevention messaging using adult learning techniques to engage older adults, these 45-minute presentations take the participants through simple steps that they can use to prevent slips, trips, and falls. Book your free community presentation on our website!

Call us on 1300 30 35 40 to book a presentation for your community!



## Supporting Safe and Steady: Remove Hazards this Spring

[*Organisation*] is supporting Injury Matters' latest Stay On Your Feet® campaign, Remove Hazards, and urging all [*Area*] residents to remove hazards for a falls-free Spring.

The Remove Hazards campaign aims to educate older adults and health and community workers on important information around removing potential hazards and creating safe environments to prevent falls and to promote healthy ageing as well as supporting eye and foot health.

Injury Matters General Manager for Injury Prevention, Samantha Menezes said that 1 in 3 people over the age of 65 have a fall each year, with some resulting in serious injury and hospitalisation.

"Falls are preventable - they don't just happen. Simple, low-cost changes such as replacing torn carpets, removing mats, making sure your home is well lit, and wearing supportive footwear can go a long way to preventing falls in and around the home," she said.

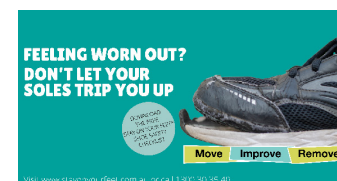
Older adults can use the free Stay On Your Feet® resources to remove hazards in and around the home, have their eyes tested at least every two years, and improve their foot health to maintain their independence. "Healthy habits like regular eye and foot checks support you to stay independent and safe," Ms Menezes said.

Falls represent a substantial burden to the health system, and prevention activities can significantly decrease the risk and consequences of falls on the WA community.

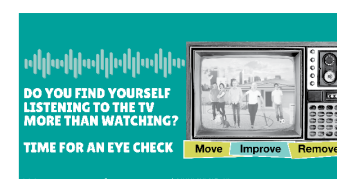
Injury Matters, through the Stay On Your Feet® program, provides information and education to help older adults keep active and alert to prevent slips, trips and falls.

For health and community workers helping older adults to stay healthy and independent, the campaign offers information and resources providing simple, practical tips to promote ways to Remove Hazards.

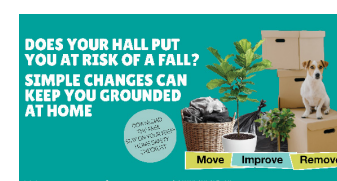
Find out more about the Stay On Your Feet® program and how to prevent falls at [www.injurymatters.org.au/programs/stay-on-your-feet](http://www.injurymatters.org.au/programs/stay-on-your-feet).



Our shoes play a big part in our confidence and balance when we move. Make sure you're wearing safe footwear that fits well, has a textured sole, and supports your feet. If you have a favourite pair, check how safe they are with Stay On Your Feet®'s free Shoe Safety Checklist. Visit your podiatrist with your results, or if you notice any changes to your feet. Removing hazards can help prevent falls. Visit [www.injurymatters.org.au/programs/stay-on-your-feet/information-for-over-60s/wear-safe-footwear](http://www.injurymatters.org.au/programs/stay-on-your-feet/information-for-over-60s/wear-safe-footwear) or call 1300 30 35 40.



You may not even notice when your eyesight starts to degrade, but your optometrist will! Adults with vision impairment are twice as likely to fall than adults without. Reduce the risk of a fall due to changing vision by seeing your optometrist at least once every two years and see your doctor as soon as you notice any changes to your vision. Removing hazards can help prevent falls. Visit [www.injurymatters.org.au/programs/stay-on-your-feet/information-for-over-60s/check-your-eyesight](http://www.injurymatters.org.au/programs/stay-on-your-feet/information-for-over-60s/check-your-eyesight) or call 1300 30 35 40.



Your home is your safe haven, so let's keep it nice and tidy. With over half of all falls happening in and around the home, make sure to clear clutter and spills as soon as they occur, remove sliding mats or rugs, and ensure your space is well-lit. Not sure where to start? Use Stay On Your Feet®'s free Home Safety Checklist to see where your home could be safer. Removing hazards can help prevent falls. Visit [www.injurymatters.org.au/programs/stay-on-your-feet/information-for-over-60s/home-safety-checklist](http://www.injurymatters.org.au/programs/stay-on-your-feet/information-for-over-60s/home-safety-checklist) or call 1300 30 35 40.

## eSIGNATURES



Remove Hazards



# ORDER RESOURCES

Stay On Your Feet® resources provide easy-to-read information for staff and older adults to learn about falls prevention. Stay On Your Feet® resources have been designed for community use, including culturally and linguistically diverse individuals.

For a full list of available resources please [visit our Resources page](#).

Physical copies of our resources can be ordered for free to any address in Western Australia. Visit [Injury Matters Quickmail](#) to place an order.

Download our Remove Hazards campaign resources below:



Move Improve  
Remove Booklet



Shoe Safety Checklist



How to Get Up Off  
The Floor Flyer

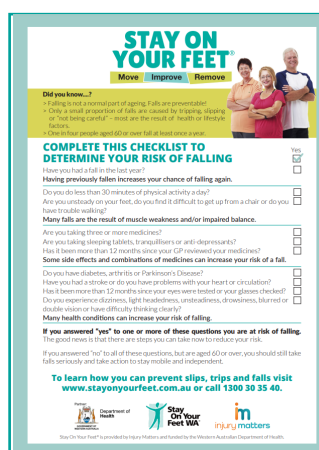


Home Safety  
Checklist



Healthy Foot Guide

**ORDER HERE**



Falls Risk Checklist

# SIGN UP FOR THE FALLS PREVENTION ENEWSLETTER

Stay up to date with falls prevention activities around the state, new resources, events, trainings and opportunities every month.

Sign up for the Stay On Your Feet® Falls Prevention eNews.

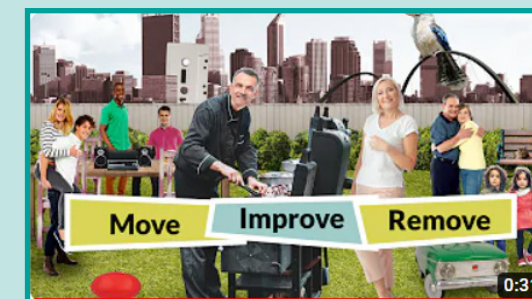
**SIGN UP**

## VIDEOS

A variety of Stay On Your Feet® videos are available for you to share with older adults community members, family and friends. Watch, share or add these videos to your displays or presentations.



Make Your Home Safer  
with Frank and Tiddles



Remove Hazards



Check Your Feet

**Remove Hazards**

## CONNECT WITH OTHER SERVICES

Feel confident to refer older adults to other health professionals where appropriate. You can also refer them to community organisations for specific information and suitable programs.

To search for health professionals working in falls prevention or for falls prevention programs, please visit the Stay On Your Feet® eDirectory.



[injurymatters.org.au/informationhub/edirectory/](https://injurymatters.org.au/informationhub/edirectory/)



## HOW TO STAY CONNECTED

### CONNECT.ed

CONNECT.ed is a free networking tool for everyone working within the injury prevention and community safety sector.

We understand that making new contacts isn't easy, which is why CONNECT.ed takes the first steps of building a network for health professionals in the sector. This allows people to save time, focus on the conversation and connect with a variety of peers.

By joining CONNECT.ed, individuals will be matched with a new participant every two months!

**SIGN UP HERE**

### Community Falls Network

The Injury Matters Community Falls Network aims to bring together a variety of health and community professionals to discuss key issues and share solutions in community falls prevention. The Network meet quarterly via videoconference and in person.

For more information or to join the Network, contact Injury Matters Program Delivery Lead, Suzanne Butler via 6166 7688 or [sbutler@injurymatters.org.au](mailto:sbutler@injurymatters.org.au).

## FOLLOW US ON SOCIAL MEDIA!



/stayonyourfeet

**Remove Hazards**





Injury Matters acknowledge the Whadjuk Noongar people as the traditional custodians of the land on which we live and work, and recognises Aboriginal and Torres Strait Islander peoples continuing connection to land, waters and community across Western Australia.

# REMOVE HAZARDS

*see you next campaign!*

## CONNECT WITH INJURY MATTERS



[www.injurymatters.org.au](http://www.injurymatters.org.au)



(08) 6166 7688



[info@injurymatters.org.au](mailto:info@injurymatters.org.au)



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