

Don'ts

- Don't be too proud to ask for help if you need it
- Don't lift or carry more weight than you can manage comfortably
- Don't rush. This is how many falls happen
- Don't wear thongs, slip on or sling back shoes - this will increase your chances of a trip, slip or fall
- Never overfill the bucket
- Don't store greywater for more than 24 hours
- If you have a pet that likes to get under your feet, put them on a lead or outside so you don't trip over them when carrying buckets or containers



OTHER SOURCES OF IMPORTANT INFORMATION

Mildura Rural City Council

Aged & Disability Services

Ph: 03 50188 234

www.mildura.vic.gov.au

Green Plumbers Association

1800 133 871

www.greenplumbers.com.au

EPA Victoria

Ph: 03 96952722

www.epa.vic.gov.au

Dept of Human Services

Ph: 1300 650 172

www.dhs.vic.gov.au

Dept of Sustainability & Environment

Ph: 136 186

www.dse.vic.gov.au

LOWER MURRAY WATER

741-759 FOURTEENTH STREET, MILDURA VIC

PO BOX 1438, MILDURA VIC 3502

P: 03 50513 400 F: 03 50513 480

www.turningwaterwise.com.au

www.lmw.vic.gov.au



TurningWaterWise

A Lower Murray Water Initiative



SAFETY FOR SENIORS IN THE HOME

*Turning Water Wise
with Seniors*



Mildura Rural City Council

PREVENTION IS BETTER THAN CURE

Residents of the Lower Murray Water region are currently experiencing drought and severe water restrictions. Many residents are turning to greywater to keep their gardens alive. However, the bucketing of water has the potential to cause injury if not done safely.

An increase in the incidences of sprain and strain injuries and been reported throughout the state directly related to garden watering. An increase in falls has also been reported, especially among seniors.

Every year in Victoria, 1 in 3 people over 65 are affected by falls.



Falls are the leading cause of hospitalisation and death for older people. A fall can result in a loss of independence and a reduction in the quality of life.

Do's

- Ask family, friends or a neighbour for help with watering if you cannot manage
- Collect water in a container with handles on both sides so it can be lifted with both arms and carried close to your body



OR

- Use two smaller buckets rather than one large one, so the load is lighter

OR

- Use 2 litre plastic milk bottles which are lightweight and have a sturdy handle
- Always use containers or buckets with a wide grip to reduce risk of injury to hands and wrists
- Collect water while your shower is reaching the correct temperature, then remove the bucket so you don't trip over it
- Take a cordless phone or mobile with you into the garden

- If you have a Safety Link pendant, make sure you wear it
- Make sure your garden and path are well lit for watering in the early morning or evenings
- Wear well-fitting, flat shoes with a non-slip sole when gardening
- Wear a wide brimmed hat, sunglasses, sunscreen and long sleeves when gardening
- Make sure your paths are free of tripping hazards (the garden hose, dog bowls, pot plants etc)
- Think before you lift. Bend your knees, not your back
- Use mulch on your garden to reduce evaporation and also reduce the amount of watering you need to do
- Remember to always lock your house if you intend to be outside for a while. (Take your keys with you)

