

CAREing About Falls

PREVENTING FALLS AND FALL-RELATED INJURIES

If you notice an unsafe condition, report it right away!

CREATE A SAFE ENVIRONMENT

- Keep walkways clear of furniture, equipment, and obstacles
- Keep floors dry and free of clutter
- Ensure walk areas have adequate lighting

ASSESS A RESIDENT'S RISK DAILY

Dizziness
Sudden confusion
Fatigue or drowsiness
Pain
Agitation
Unsteady walking or balance

Residents who have any of these conditions are at risk of falling

Sometimes, it's the little things that make all the difference!

REDUCE YOUR RESIDENTS' RISK OF FALLING

- Use chairs with armrests to support safe transfers
- Apply wheelchair breaks during transfers
- Make sure that residents are wearing nonslip footwear
- Make sure that residents use ambulation devices, as needed

EVERYBODY'S RESPONSIBILITY

Remember, preventing falls is everyone's responsibility. By being aware of your residents' risk of falling and safety plans, you're helping to prevent falls.

If you're not sure about your resident's safety plan, ask your supervisor