

Myths about falls:

Myth: All falls and injuries can be prevented.

Truth: Not all falls can be prevented. Safety measures can only reduce your risk of a fall and/or injury.

Myth: Restraint use will decrease the risk of falls.

Truth: Restraints do not decrease falls and can cause serious injuries and even result in death.

Myth: Staff are responsible for keeping me 100% safe.

Truth: You, your family, and staff must work together to reduce your chance of a fall and injury. However, not all falls and injuries can be prevented.

How can you make your environment safe?

- **Bathroom:** Falls are commonly related to toileting. Ask for help, use the call bell, use the handrails, and DO NOT rush.
- **Room furniture:** Use your walking aid to move around your room instead of relying on furniture as support.
- **Belongings:** Keep your personal items, call bell, and walking aid within easy reach. Avoid clutter.
- **Vision and hearing:** Wear your glasses and hearing aids. Make sure they are working and clean.
- **Footwear:** Wear low heeled, rubber soled supportive walking shoes or non-skid socks. Do not wear footwear that is loose or slippery.

How can I get out of bed safely?

- If you need assistance or feel unsure, use your call bell for help. Please be patient and wait for help to arrive.
- Turn on lights over your bed and in your room if it is dark.
- Sit on the bed for a minute before you stand up. Standing up quickly can make you dizzy.
- Put on your non-slip footwear before you get up.
- Use your walking aid as directed. Make sure you feel steady before you start to walk.

What can I do to reduce my risk of injury if I fall?

- Wear hip protectors to decrease your risk of a broken hip. Hip protectors are underwear, shorts, or pants with special padding on the sides to protect your hips during a fall. Hip protectors are comfortable and easy to put on and even sleep in.
- Wear a protective helmet to decrease the seriousness of an injury in case you strike your head.

Ask the staff if you have any questions or concerns!

Bed Safety

Leave the lower two bed rails down so you can get out of bed safely when you need to.

Potential risks of bed rails may include:

- A more serious injury as a result of climbing over bed rails as the fall is from a higher level.
- Increased restlessness or agitation due to feeling restricted in bed.
- Preventing you from performing your usual activities can lead to muscle weakness and increase your risk of falling.

Reduce Broken Hips

Falls are the most common cause of broken hips. Broken hips can result in a reduced ability for you to manage at home and increase the risk of dying. Most people who break their hip never regain their previous level of independence and activity level.

To decrease your risk of a break:

- Ask your health care provider about hip protectors.
- Talk to your doctor about using Calcium and Vitamin D supplements to improve bone health
- Exercise regularly to maintain your bone health and muscle strength. Get up and moving as soon as the staff say you can.

To decrease your risk of a break,
HIP PROTECTORS are recommended.



fallsafezone

Your Guide to Reducing Falls and Related Injuries

As a patient, you are at risk of falling.

Here are some ways you, your family, and friends can help reduce your chance of falling and getting injured.

