

## **SAFE FALLS!**



### Safe Environment

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- Bottom bed rails down, unless assessed otherwise
- Pathways clear of clutter and tripping hazards
- Bed brakes are “on”
- Chair brakes are “on” for transfers
- Lights are working and “on” as required

### Assist with Mobility

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- Mobilize at least twice a day
- Safe and regular toileting
- Transfer/mobility assist documented
- Glasses, hearing and mobility aides within reach

### Fall Risk Reduction

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- Call bell within the patient’s/resident’s reach
- Bed height adjusted to ensure safe mobility
- Personal items are reachable
- Proper footwear available and in use

### Engage Patient/Resident and Family

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- Discuss risk factors with patient and family
- Mutual falls prevention plan developed

**To help prevent a patient or resident fall, ask these three questions before leaving their room:**

- 1. Do you need to use the toilet?**
- 2. Do you have any pain or discomfort?**
- 3. Do you need anything before I leave?**