

# REDUCING FALLS

HELPFUL TIPS FOR

# RESIDENTS & STAFF

## Diet and fluids

- Good nutrition, keeping your fluid levels up and suitable exercise are important to maintaining health and reducing fall risk.

## Vision

- Have your eyes checked annually.
- Allow your eyes to adjust to the change in light when switching environments.

## Physical environment

- Is the bed adjusted to an appropriate height for the resident – not too high or too low, and with the wheels immobilized?
- Is there a non-skid area where the resident exits the bed?
- Is the call light within reach?
- Is the lighting sufficient for the resident to see obstacles without glare?
- Is the furniture at the right height and equipped with armrests to support the resident?
- Is the toilet at the proper height for easy use?
- Is the tub area equipped with handrails and non-skid surfaces?
- Is the rug that is put down to keep floors dry in winter secure enough to not trip residents?

## Devices

- Be aware that residents can injure themselves while attempting to get free from restraints.
- Falls can occur as a result of a resident climbing over bed rails, especially full rails. The injuries that are sustained are often much worse due to the increased height of the fall.

## Footwear

- Shoes with a thinner rubber sole or rough leather sole accommodate both carpeting and tile.
- Leather soles can cause a person to slip on a slick floor.
- Rubber soles can cause a person to "stick" on a carpet.
- Athletic shoes with thick rubber soles can cause a halting walk on thick carpeting and prevent a true sense of impact on the bottom of the feet.