

Did you know...?

According to the CDC, environmental hazards in nursing homes cause **16% to 27%** of falls among residents.

Such hazards include *wet floors, poor lighting, incorrect bed height and improperly fitted or maintained wheelchairs.*

Environmental Safety and Fall Prevention

1. Remove all clutter, unused items and equipment
2. Keep bed at correct height
 - *When seated on the edge of the bed, the resident's feet should be flat on the floor and their hips should be slightly higher than their knees unless otherwise indicated.*
3. Use transfer belts when assisting residents to stand, transfer and ambulate.
4. Ensure adequate lighting
 - **REMEMBER:** *Older adults need 2-3 times the amount of light to see.*
5. Place personal items within easy reach
6. Ensure resident wears glasses when needed
 - **REMEMBER:** *Many residents have impaired vision due to glaucoma, macular degeneration and cataracts.*
7. Clear a path 2-3 feet wide from the bed to the bathroom
8. Ensure bathroom safety with handrail support and a raised toilet seat when indicated
9. Ensure resident is wearing well-fitted, non-skid shoes
10. Maintain wheelchair safety through regular inspection and repair
11. Involve PT and OT to assess transfer, mobility and wheelchair seating and implement modifications
12. Use prescribed seating devices
13. Use resident protective gear when indicated

Simple Strategies for Fall Management