

At McLaren Flint We C.A.R.E. about Preventing Falls and Fall-Related Injuries!

CREATE A SAFE ENVIRONMENT

- Call light and personal items are placed within your reach
- Bed is in the low position at all times and wheels are locked
- Furniture may be arranged to exit from your strong side
- Rooms are free of clutter and pathway to the bathroom is clear
- Your assistive devices are within reach (i.e. walkers, canes)



ASSESS A PATIENT'S RISK OF FALLING

- The nurse will assess your risk of falling on admission, every shift, and with any changes in your condition and/or level of care.

REDUCE THE PATIENT'S RISK OF FALLING

- Wear treaded slippers or your shoes when up
- Patients who are at risk of falling will be monitored more frequently
- Will have a stop sign posted to alert all hospital personnel to assist in monitoring the patient
- May have a bed alarm used to assist with staff notification

EVERYONE WORKING TOGETHER TO PREVENT FALLS

- Please ask for assistance when walking or going to the bathroom
- We appreciate family assistance in our fall prevention program

PREVENTING FALLS AT HOME

There are several things that are known to add to your risk for falling at home. These include:

- 65 years old or older
- Using assistive devices (walkers, canes)
- Forgetting or Alzheimer's
- Poor nutrition
- Poor vision or hearing
- Certain medications
- History of falls
- Difficulty getting out of a chair
- Conditions of the home, such as slippery floors, loose rugs, cords on the floor.



"Here are a few things we can both do to prevent falls and fall-related injuries while you are a patient at our hospital."

At McLaren Flint We C.A.R.E. about Preventing Falls and Fall-Related Injuries!

CREATE A SAFE ENVIRONMENT

- Call light and personal items are placed within your reach
- Bed is in the low position at all times and wheels are locked
- Furniture may be arranged to exit from your strong side
- Rooms are free of clutter and pathway to the bathroom is clear
- Your assistive devices are within reach (i.e. walkers, canes)



ASSESS A PATIENT'S RISK OF FALLING

- The nurse will assess your risk of falling on admission, every shift, and with any changes in your condition and/or level of care.

REDUCE THE PATIENT'S RISK OF FALLING

- Wear treaded slippers or your shoes when up
- Patients who are at risk of falling will be monitored more frequently
- Will have a stop sign posted to alert all hospital personnel to assist in monitoring the patient
- May have a bed alarm used to assist with staff notification

EVERYONE WORKING TOGETHER TO PREVENT FALLS

- Please ask for assistance when walking or going to the bathroom
- We appreciate family assistance in our fall prevention program

PREVENTING FALLS AT HOME

There are several things that are known to add to your risk for falling at home. These include:

- 65 years old or older
- Using assistive devices (walkers, canes)
- Forgetting or Alzheimer's
- Poor nutrition
- Poor vision or hearing
- Certain medications
- History of falls
- Difficulty getting out of a chair
- Conditions of the home, such as slippery floors, loose rugs, cords on the floor.



"Here are a few things we can both do to prevent falls and fall-related injuries while you are a patient at our hospital."

“Here are some things that you can do that will help lower your risk for falls at home.”

Our goal is to help you prevent falls at home!

LIGHTING

- Replace dim, burned out or glaring lights with bright, soft white light bulbs
- Use a night light, especially by stairways and the pathway to the bathroom
- Make sure lights are easy to turn on and off, especially by your bed
- Keep a flashlight available.



HALLWAYS AND STAIRS

- Remove clutter especially on the stairways and path to bathroom
- Use handrails when taking the stairs
- Place non-skid treads or bright reflective tape to mark the edge of the stairs

FLOORS

- Remove scatter/throw rugs
- Place non-skid treads or double-sided tape under area rugs
- Keep floors free from clutter
- Wipe up spills immediately
- Make sure floors are not slippery
- Remove clutter & wires/cords from the floor (i.e. telephone cords, extension cords)

BATHROOM

- Use a raised toilet seat and safety frame for ease in getting up and down from toilet
- Set water temperature at 120 degrees or less (prevent burns and falls trying to avoid burns)
- Consider a hand-held shower head, shower chair and handrails in the tub
- Place non-skid adhesive strips in the tub or a tub bath mat
- Use liquid soap or soap on a rope to prevent dropping soap



OTHER

- Store items used often at waist level
- Select furniture with armrests for support in getting up and down
- Make sure chairs and step stools are steady
- Keep phone within easy reach

“Here are some things that you can do that will help lower your risk for falls at home.”

Our goal is to help you prevent falls at home!

LIGHTING

- Replace dim, burned out or glaring lights with bright, soft white light bulbs
- Use a night light, especially by stairways and the pathway to the bathroom
- Make sure lights are easy to turn on and off, especially by your bed
- Keep a flashlight available.



HALLWAYS AND STAIRS

- Remove clutter especially on the stairways and path to bathroom
- Use handrails when taking the stairs
- Place non-skid treads or bright reflective tape to mark the edge of the stairs

FLOORS

- Remove scatter/throw rugs
- Place non-skid treads or double-sided tape under area rugs
- Keep floors free from clutter
- Wipe up spills immediately
- Make sure floors are not slippery
- Remove clutter & wires/cords from the floor (i.e. telephone cords, extension cords)

BATHROOM

- Use a raised toilet seat and safety frame for ease in getting up and down from toilet
- Set water temperature at 120 degrees or less (prevent burns and falls trying to avoid burns)
- Consider a hand-held shower head, shower chair and handrails in the tub
- Place non-skid adhesive strips in the tub or a tub bath mat
- Use liquid soap or soap on a rope to prevent dropping soap



OTHER

- Store items used often at waist level
- Select furniture with armrests for support in getting up and down
- Make sure chairs and step stools are steady
- Keep phone within easy reach