

# UNIVERSAL FALL PRECAUTIONS

***EVERYONE** is at risk of falling  
**EVERYONE** has a role in fall prevention*

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## Keeping **S-A-F-E** from Falls

### **S**AFE Environment

- Bottom bed rails down unless assessed otherwise
- Ensure pathways are clear of clutter and tripping hazards
- Bed and chair brakes are "on" for transfers
- Lights are working and "on" as required

### **A**SSIST with Mobility

- Mobilize according to care plan
- Safe and regular toileting
- Ensure mobility aide is within reach
- Document assistance required for transfers/mobility

### **F**ALL Risk Reduction

- Call bells, glasses and hearing aides within reach
- Bed lowered to resident's knee height
- Frequently used items within reach
- Non-slip footwear available and being used

### **E**NGAGE Client and Family

- Discuss risk factors for falls
- Develop fall and injury prevention plan based on client's goals and abilities

## THREE QUESTIONS BEFORE EXITING THE ROOM



### WASHROOM

Do you need to use  
the toilet?



### PAIN OR DISCOMFORT

Do you have any  
pain or discomfort?



### ANYTHING ELSE

Do you need anything  
before I leave?

Asking these simple questions can **decrease** the chance of falling, decrease the use of the **call bell**, and **increase** client satisfaction.