

Preventing Slips and Falls

Slips and falls can result in serious injuries like a fracture of the hip or wrist. Identifying trouble areas and eliminating or minimizing hazards helps prevent future injuries.

Common Causes

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|------------------------|--------------------------|-------------------------|---------------|
| Medications | Loose, unanchored rugs | Cables or oxygen tubing | Poor Vision |
| Sudden loss of balance | Slippery floors or paths | Uneven walking surfaces | Pets |
| Wet or oily surfaces | Improper footwear | Cluttered walkways | Poor lighting |

Prevention

Move Smart

- Take your time.
- Use a wheelchair, walker or cane as recommended by your nurse.
- Push up from the seat surface rather than grabbing near-by objects.
- Ask for assistance when rising.

Footwear

- Select footwear with slip-resistant soles.
- Wear proper fitting footwear that increases comfort and prevents fatigue.
- Wear shoes inside and out (avoid bare feet or slippers).
- Slow down.



Housekeeping

- Clean up spills immediately.
- Mop or sweep debris from floors.
- Remove obstacles from walkways.
- Remove or secure mats and rugs.
- Always close drawers.
- Replace used light bulbs and faulty switches.
- Install grab bars next to toilet and shower.
- Use non-slip mats in bathtub or shower.
- Install handrails in stairways.
- Install lighting in high traffic and sleeping areas.

Vision

- Wear glasses as appropriate.

Lighting

- Install proper lighting in stairways, walkway and bedrooms.

If a fall occurs call your Hoffmann Hospice nurse for further instruction **661.410.1010**