

## We've reviewed 30,000 falls. Now SafelyYou offers solutions to common fall scenarios.

Nearly 40% of daytime falls are from bed. And 24% are from a chair or wheelchair. Overnight, bedside falls increase to 78%. Yet, 94% of these falls go unwitnessed, making it difficult to know what caused them, and how to keep them from happening again. But SafelyYou is making a difference. We've witnessed over 30,000 on-the-ground events, and have compiled this list of interventions based on the most common locations and causes of falls. It's important to note that in about 30% of falls, the resident moves from where they fell to where you find them, making it difficult to determine the fall's root cause.

	watch for	suggested interventions
FOUND BY BEDSIDE	<b>Rolling out of bed</b>	<ul style="list-style-type: none"> <li>Consider bed width options</li> <li>Use a raised edge mattress or pool noodle under the fitted sheet</li> <li>Implement a fall mat (thick for non-ambulatory, beveled if ambulatory)</li> <li>Add staff rounding checklist for resident repositioning</li> </ul>
	<b>Transfers in/out of bed or sliding out of bed</b>	<ul style="list-style-type: none"> <li>Evaluate bed height</li> <li>Consider a transfer enabler (bed cane, halo, transfer pole)</li> <li>Provide non-skid socks and/or add non-skid strips to the floor</li> <li>Avoid slippery bedding/sheets</li> </ul>
	<b>Sharp corners on nightstands</b>	<ul style="list-style-type: none"> <li>Add furniture guards</li> <li>Replace nightstand with soft ottoman</li> <li>Swap square/rectangle nightstand to round table/stand</li> </ul>
FOUND BY CHAIR OR WHEELCHAIR	<b>Sliding out of chair</b>	<ul style="list-style-type: none"> <li>Add a non-skid barrier to chair or wheelchair</li> <li>Use a one-way slide mat (allows resident to slide back in seat but not forward)</li> <li>Use a wheelchair cushion in a small wedge shape</li> </ul>
	<b>Chair or wheelchair transfer</b>	<ul style="list-style-type: none"> <li>Adjust chair height or bed height if moving from bed to chair</li> <li>Suggest a stationary chair with sturdy armrests</li> <li>Evaluate wheelchair anti-rollback device if appropriate</li> <li>Remove wheelchair leg rests when positioning for transfers</li> </ul>
	<b>Falls involving recliners</b>	<ul style="list-style-type: none"> <li>Unplug chair lift and/or disable swivel</li> <li>Avoid using footrest</li> <li>Replace recliner with firm chair resident can safely transfer in/out of</li> </ul>
FOUND IN HALLWAY	<b>Walker getting stuck on carpet/doorways</b>	<ul style="list-style-type: none"> <li>Move wheels inside device and/or add walker skis</li> <li>Remove throw rugs</li> <li>Consider condition of carpet, inspect for rippling, wear patterns or lifting</li> </ul>
	<b>Carrying items while walking</b>	<ul style="list-style-type: none"> <li>Provide a walker basket or tray if resident uses wheeled walker</li> <li>Provide a small, wheeled cart if resident doesn't use mobility aid</li> <li>Consider labeling drawers/closet for ease of putting items away</li> </ul>

For more fall reviews and suggested interventions, [watch our National Fall Huddle webinars](#). Or [register to join us](#) for our next free National Fall Huddle webinar.