

Example: Universal Falls Precautions Poster from Fraser Health (British Columbia, Canada)



Safe environment

- Bottom bed rails down unless assessed otherwise
- Pathways clear of clutter and tripping hazards
- Bed and chair brakes are “on”
- Lights are working and “on” as required

Assist with mobility

- Mobilize at least twice/day
- Transfer / mobility assist **posted**
- Glasses, hearing and mobility aids within reach

Fall risk reduction

- Intentional Hourly Rounding (see other side)
- Safe and **regular toileting**
- Call bell **and personal items** in patient’s reach
- Bed lowered to **patient’s knee height**
- Non-skid footwear in use

Engage patient and family

- Discuss risk factors with patients and families
- Agree on a **Fall and Injury reduction plan**

INTENTIONAL HOURLY ROUNDING

Does your patient...

Pain

- have any pain or discomfort at rest or on movement?
- ✓ *provide analgesic/comfort measures*

Peri-needs

- need to use the toilet?
- need briefs/pads changed?

Position

- need to be turned, repositioned, or mobilized?
- ✓ *assess skin, provide care as needed*

Possessions

- have easy access to call bell, water, eye glasses, hearing aids, phone, tissue, and mobility aid?



Ask - "Do you need anything before I go?"



Communicate - "I, or someone from the team, will be back in about an hour to check on you"

If patient is sleeping, continue to assess but do not wake unless clinically indicated or previously arranged.



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