



## FALLS PREVENTION: UNIVERSAL FALLS PRECAUTIONS

- Falls are one of the top 5 incidents reported at Health PEI.
- Teams must participate in HPEI’s evidence-informed program to prevent falls and reduce injuries from falls (Accreditation Canada 2024).
- Universal Falls Precautions identify ways to reduce the risk of falling.
- This framework supports client-centered care and applies to all clients at all Health PEI sites.
- Use S-A-F-E to help you remember what to do to help prevent falls.

KEEP S-A-F-E Prevent FALLS and Reduce Injuries!

### 1 Safe Environment

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

### 2 Assist with Mobility

- Mobilize according to care plan
- Safe and regular toileting
- Ensure eye-glasses, hearing and mobility aide(s) are within the patient’s reach
- Document assistance required for transfer/mobility

### 3 Fall Risk Reduction

- Call bell in patient’s reach
- Bed at appropriate height for patient
- Keep frequently used items within patient’s reach
- Proper, non-slip footwear available and in use

### 4 Engage Patient and Family

- Discuss risk factors with patient and family
- Develop fall and injury prevention plan based on patient’s goals and abilities
- Implementation of 5P Rounding

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

