



Preventing Falls and Caregiver Safety

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Body Mechanics

- Lift with your legs
- Plan ahead
- Communicate
- Use your core
- Back in neutral
- Wide stance



Moving Individuals In Bed

- Principles
 - Have person help
 - Let gravity help
 - Communicate
 - Draw sheet
 - Points of control
- Up in bed
- Down in bed
- Side to side
- Rolling over
- Sitting Up

Transferring Safely

- Principles

- Have person help
- Clear area
- Communicate
- Lock wheelchair
- Gait belt
 - Teeth first

- Standing

- Orthostatic hypotension
- Sit to stand
- Chair to chair

- Seated

- Sliding board
- Head opposite hips

- Dependent

- Head opposite hips
- Hold gait belt or hips





Walking Safely

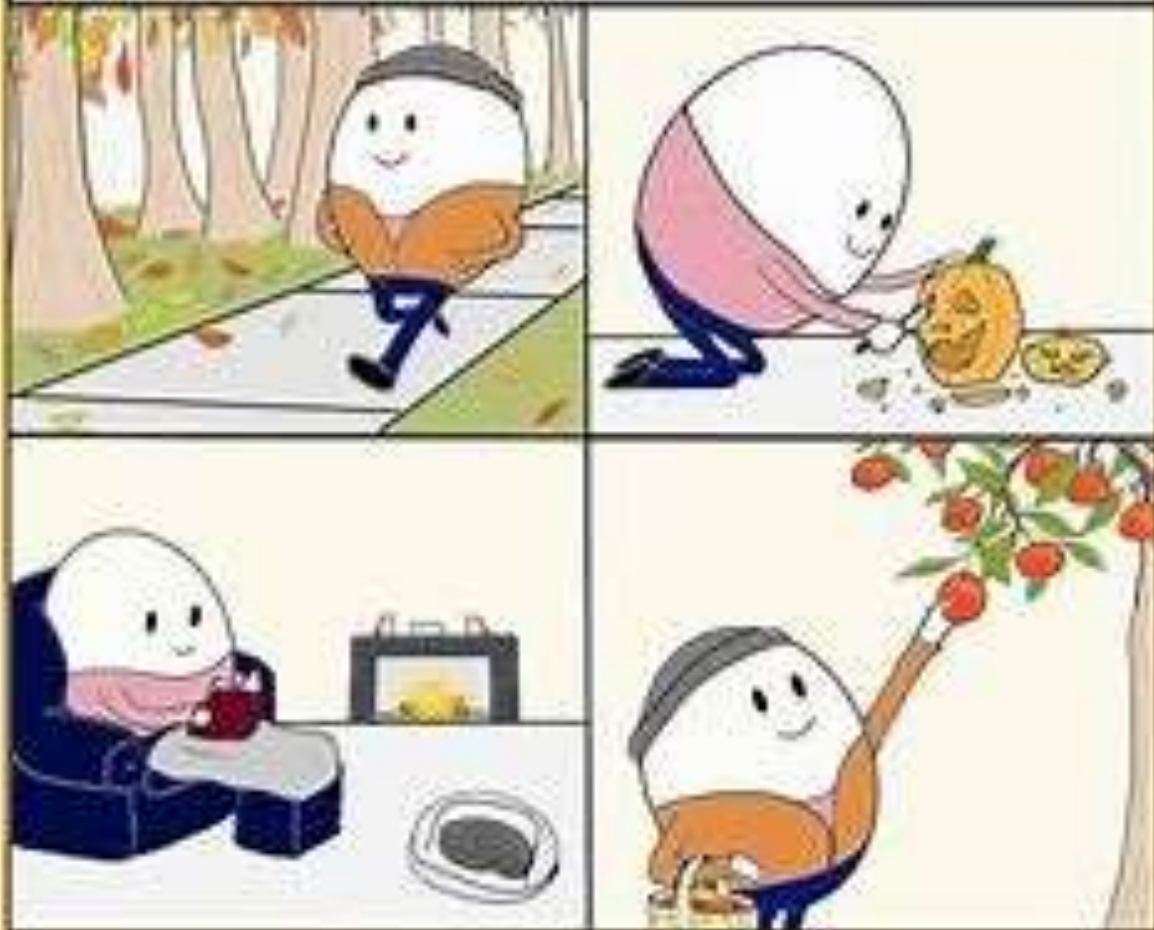
- Gait Belt
- Check for wear on assistive devices
- Proper fit of assistive devices
- Hand on belt, hand on shoulder
- Stand behind and slightly to the side
- Plan for emergencies
- Careful with turns



Stairs

- Principles
 - Hand on belt and rail or shoulder
 - Stagger your legs
 - Move when patient is still
- Going up
 - Stand behind the person
- Going down
 - Stand in front of the person

Humpty Dumpty had a great fall



Fall
Prevention



Fall Prevention

- Risk Factors
 - Recent illness
 - Fever
 - Change of meds
 - Vision changes
 - Footwear
- Medication check
 - Beer's List/Criteria
- Home safety checklist
 - APTA home Safety checklist for Fall Hazards
 - Move ForwardPT.com
- Fall Recovery
 - Assess for injury
 - Up off floor
- Referral for therapy services

A wooden-framed chalkboard with the words "Thank You" written in white chalk. The chalkboard is placed on a wooden surface. To the left, a portion of a red rotary telephone is visible. In the background, there are green leaves and a dark object, possibly a car wheel.

Thank
You

"There are only four kinds of people in the world -
Those who have been caregivers,
Those who are currently caregivers,
Those who will be caregivers
And those who will need caregivers."

Rosalynn Carter