

## We've reviewed 15k falls. Now SafelyYou offers solutions to common fall scenarios.

Finding the root cause of a fall is extremely difficult without witnessing the fall. And it's hard to prevent future falls when you don't understand what's causing them in the first place. In fact, 94% of falls go unwitnessed, but SafelyYou is making a difference. We've witnessed over 15k on-the-ground events and have compiled this list of possible interventions based on some of 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	Rolling out of bed	<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>
	Transfers in/out of bed or sliding out of bed	<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>
	Sharp corners on nightstands	<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	Sliding out of chair	<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>
	Chair or wheelchair transfer	<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>
	Falls involving recliners	<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	Walker getting stuck on carpet/doorways	<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>
	Carrying items while walking	<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.