

## **Injury Prevention Strategies for Resident Falls**

Preventing injury to yourself when a nursing home resident is falling requires quick thinking and proper techniques to ensure the safety of both you and the resident. Trying to catch a falling resident can lead to both of you getting injured. Instead, focus on guiding them to the ground safely. Here are some steps to help prevent injury when a resident is falling:

1. **Stay Calm.** Panic can lead to poor decision-making. Take a deep breath and focus on the situation.
2. **Position Yourself Correctly.** If you are able, position yourself to support the resident's fall. Try to ease the resident to the ground gently rather than attempting to catch their full weight.
3. **Use transfer equipment** to assist with safely lowering the resident to the ground or a nearby surface, when available.
4. **Call for help from colleagues.** Don't try to handle the situation alone if it poses a risk to your safety.
5. **Assess your surroundings.** Ensure the area is clear of obstacles and hazards that could cause you to trip or fall during the process.
6. **Support the resident** by bending your knees and keeping your back straight.
7. **Protect yourself.** If the resident is agitated or aggressive, maintain a safe distance to avoid getting injured. If necessary, exit the room and call for assistance.
8. **Once the resident is safe,** report the incident so your supervisor can ensure proper follow up.
9. **Prevent future falls.** Identify the root causes of the fall and work with the healthcare team to develop strategies for fall prevention, such as adjusting care plans or making environmental modifications.

Your safety is important. It is essential to use proper techniques, call for help when necessary, and communicate effectively with colleagues. Together we can keep you and your residents safe.