

Falls Mat

What is this?

This special padded mat lessens the chances of injuries in falls from the bed.



How does it work?

- The mat is made of high-density foam.
- We place it on the floor bedside the bed.
- The mat is designed to absorb the impact of a fall when a person lands on it.

Use or Buy Products

Talk to your healthcare team about the risk for falls. Ask if any of these products will help reduce the chances of injury.

Depending on the situation, you might be asked to pay for one or more of these products.

Talk to your healthcare team if you have questions about how to buy a bed or chair exit alarms, non-skid socks, fall mats, hip protectors, or head protectors. There are many brands and styles available and a range for quality and price.

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

Catalogue #264153 (November 2020)
To order: patienteduc.fraserhealth.ca



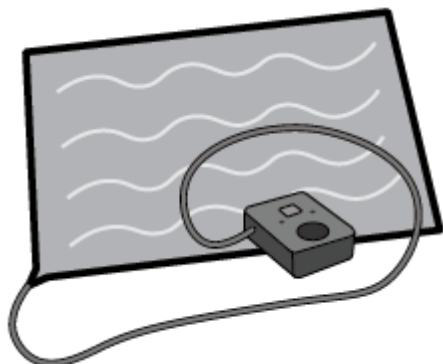
Products to help reduce falls and injuries in Long-Term Care

These are the most common products we recommend for use after confirming the risk for falls.

Bed or Chair Exit Alarm

What is this?

An exit alarm alerts us to when a person tries to get out of or has fallen from bed or wheelchair.



How does it work?

- The exit alarm is placed on the bed mattress or over a wheelchair cushion.
- The pad has pressure sensors. We set the sensor to the weight of the person.
- The exit alarm sounds as soon as there is a change in the weight on the pad.

Non-Slip Socks

What are these?

These special socks have rubber grip spots on the soles. They are good for getting up during the night to go to the toilet.

The best choice for footwear are low heeled, supportive walking shoes that have non-slip soles.



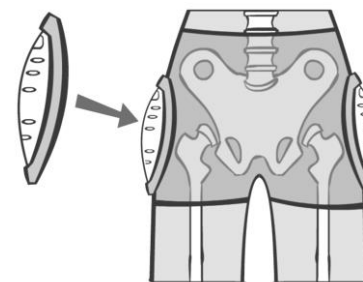
How do they work?

- The socks have rubber grip spots on all sides so it doesn't matter how they are put on.
- The grips help prevent a person from slipping on the floor.

Hip Protectors Head Protector

What are these?

Hip protectors are pants, shorts, or underwear with special padding on the sides. Hip protectors can lower the chances of a broken hip from a fall.



A **head protector** is a soft, padded cap with a chin strap to hold it in place.

It can lower the chances of a serious head injury in a fall.



How do they work?

- Both of these absorb the impact of a fall and protect the bone from injury.