

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.
- The mat is placed on the floor beside the bed.
- The mat is designed to absorb the impact of a fall when a person lands on it.

A note about bedrails

We do **not** recommend the use of bedrails or restraints. A person might try to climb over the bedrails to get out of bed and fall.

Bed assist handles are different than bedrails. Bed assist handles are designed to help a person get out of bed.

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 alarm, non-skid socks, fall mats, hip protectors, or head protectors. There are many brands and styles available and a range of quality and price.

www.fraserhealth.ca

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

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To order: patienteduc.fraserhealth.ca



fallsafezone

Products to help reduce falls and injuries

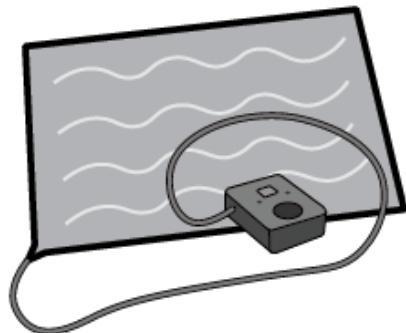
These are the most common products we recommend for use after confirming the risk for falls.

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Bed or Chair Exit Alarm

What is this?

An exit alarm sends an alert 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. The sensor is set to the weight of the person.
- The exit alarm sounds as soon as there is a change in the weight on the pad.
- Using an exit alarm can cause agitation and loss of mobility.

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 is low-heeled, supportive walking shoes that have non-slip soles.



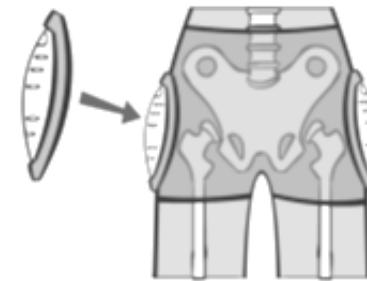
How do they work?

- 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 and 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.