A roadmap to effective falls prevention

Follow the signposts from 1 to 4 to prevent falls.

1. Create the right environment.
   - Use evidence-based practice.
   - Engage staff and patients.
   - Measure outcomes.

2. Identify patients at risk.
   - Consider risk factors for anticipated physiologic falls, unanticipated physiologic falls, and accidental falls.
   - Screen all patients for injury risk and fall-related injury history.

3. Take fall precautions.
   - Provide a safe environment.
   - Address physiologic factors, such as impaired vision.

4. Prevent injuries.
   - Consider using floor mats, beds, and such protective devices as helmets.

A Focus On... FALLS Prevention
Fast facts

In the next **20 minutes**, an older adult will die from injuries caused by a fall.

**Causes of traumatic brain injuries in children (0 to 14 years)**
- 55% falls
- 45% other

**Causes of hip fractures**
- 95% falls
- 5% other

In the next **13 seconds**, an older adult will be treated in a hospital emergency department for injuries related to a fall.

**Unintentional falls** are the leading cause of nonfatal injuries treated in emergency departments for all age groups except ages 10-14 and 15-24. For those age groups, falls came in second.

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**Resources**

Three key resources for preventing falls and protecting patients from injuries:

