

Prevention of Falls

March 2021

ISO ED 00053 V2 2019 (72)

Prevention of Falls



Image: gettyimages.com

Injuries due to falls

95% of hip fractures are caused by falls

Fractures of pelvis, wrist, arms, and back are commonly seen

Neck fractures and head traumas are seen in 2% to 10% of all falls

Checklist for the Prevention of Falls

- Do you exercise regularly?
- Ask your doctor or pharmacist to have a look at all the medications you are taking, including over-the-counter medications.
- When last did you go for a vision test? It should be done annually.
- Get up slowly when you have been sitting or lying down.
- Do you have adequate lighting to all areas you access in your house?
- Aim for 'fall free' areas in the home. Remove debris on the floor and awkward furniture.
- A bedside lamp switched on will facilitate the walk to the bathroom.

- A torch at one's bedside is a good idea.
- Exercise regularly, keep fit and healthy and regularly monitor your blood pressure.

How to get help when you have fallen

Call 082 911

You need to know:

- Where you are
- What is wrong
- What number to contact you on



Falls – Assessment / Screening Tool

	RISK	YES	NO
Previous falls			
Cardiac arrhythmias			
Transient ischaemic attacks (TIAs)			
Stroke			
Parkinson's Disease			
Delirium			
Dementia			
Depression			
Musculoskeletal disorders (e.g., osteoporosis, myopathy)			
Altered mobility or gait			
Previous history of fractures			
Orthostatic hypotension			
Bowel or bladder incontinence			
Sense impairments (vision, hearing, tactile)			
Dizziness			
Dehydration			
Acute illness (e.g., infection)			
Use of restraints			

SCORE	
In the yes column	
0 – 5	Low Risk
6 – 10	Moderate Risk
11+	High Risk

From Evans L. B. (2008). Preventing Falls in Older People. 14th ed. p. 1

Contact us at injury.prevention@netcare.co.za for the full "Risk for Fall Assessment" Tool

Important Emergency Numbers

Netcare 911: 082 911 • SAPS: 10111

Injury.Prevention@netcare.co.za

NETCARE 911
24HR EMERGENCY MEDICAL ASSISTANCE



You're in safe hands