**Resident Falls**

* Read Care Plan
* Complete PACE Assessment
  + If Different
    1. Document!
    2. Identify safe and appropriate mobility technique

*(Remember, you can move up the decision ladder based on PACE results, not lower without an official re-assessment)*

**THESE ARE ALL TWO EMPLOYEE TASKS**

**Mandatory Pre-Assessment**

* If a resident experiences a fall it is important to have the RN or LPN on duty complete a Falls Assessment to determine if the resident is injured and is safe to move.
* Once they determine it is safe to move the resident, the resident can be guided to get up on their own with the assistance of a chair, or if unable to do so, **must be lifted** with mechanical lift.

**If the resident is able to get themselves up**

1. Explain to the resident what you are going to do and what they must do to help.
2. Bring a sturdy chair with arms and no wheels and place it at the resident’s head.
3. Have one employee member hold the chair secure to prevent it from sliding or tipping. Have the other employee cue the resident to roll onto their side, and then onto all fours.
4. Bring the chair closer to the resident and have the resident place their hands on the seat or arms of the chair.
5. Cue the resident to bring one leg up so the knee is bent and the ankle is below the knee.
6. Cue the resident to use their thigh muscles to bring the other leg into position and stand up. Together: Count “1, 2, 3, up”. On “up” have the resident stand up.
7. Cue the resident to turn around and sit in the chair.

**If the resident has fallen in a small space (i.e. bathroom)**

1. If using a portable lift is not possible due to the small space the resident is in, they must be moved to a larger space.
2. Apply a set of slider sheets underneath the resident by assisting the resident to roll onto their side away from the staff member. Tuck the sheet under the resident leaving half of the sheet where the resident will lie. Roll the resident back onto their back and then roll them towards you. Have the other employee present smooth out the sheet behind the resident or reach over and smooth it out. Return resident to their back.
3. Whenever possible pull the resident out of the small space head first, but if not possible place a pillow or towel under the head. Pull the sheet around the resident’s legs, grip the sheet firmly and pull the resident out of the small space. Each employee can grip onto a side of the sheet to pull the resident out into an open area.

***TIP: Roll up two towels and string through the lead handles on either side. The will provide each employee with better leverage and postures while completing the pull out of the small space.***

**Lifting a resident from the floor with a mechanical lift**

1. Explain to the resident what you are going to do and what they must do to help.
2. With an employee on each side of the resident, assist resident to roll onto side. The employee that the resident has rolled towards should help maintain the resident in the rolled position. The other employee should place the sling under where the resident will be laying when they return to their back. The sling should be centered along residents back with shoulder area covered and center of sling leg section lined up with the resident’s tailbone
3. Tuck the remainder of the sling under the resident and ensure the sling is smooth.
4. Assist the resident to return to their back and then assist them to roll onto their other side.
5. Employee then smooths out sling and then return resident to lie on their back.
6. Place sling legs under the resident and cross one strap through the other.
7. Ensuring the wheel locks are not engaged, widen the legs of the portable lift. While one employee lifts the resident’s legs, the other employee rolls the lift close to the resident so the spreader bar is hanging over the resident’s mid section.
8. Hook the designated leg loops onto the spreader bar, then the side straps and finally the shoulder strap loops.
9. With one staff member operating the lift and one monitoring the resident, raise the resident slightly and ensure all straps are connected properly, again ensuring the wheel locks are not engaged.
10. Raise the resident only as high as necessary to clear obstacles and move resident in lift to place in bed or wheelchair.