

SAFETY BASICS *Healthcare Series*

Guiding and Slowing Falls

Activity: Resident handling

Description: Method for guiding and slowing falls

When to Use: When resident is falling.



Points to Remember: The use of transfer or gait belts may assist the caregiver in guiding the fall. Hold onto the belt/handles and slowly lower the resident to the floor using correct body mechanics.

Reviewing resident assessments and watching for signs of weakness are effective ways of preventing falls. Keep back straight, tighten abdominal muscles, bend legs, and stay close to resident if safe to do so. Do not attempt to stop the fall abruptly as this may contribute to caregiver injury.

Safety Basic Health Care Series Information is extracted directly from OSHA safety materials. For additional information consult www.OSHA.gov