

No Falls November

Scavenger hunt

1  Remove trip hazards	2  Ensure hearing aids are worn	3  Sit out of bed as much as possible
4  Wear safe footwear	5  Stay hydrated and eat a balanced diet	6  Use your walking aids
7  Follow the advice from staff	8  Ensure you have your glasses	9  Keep active
10  Seek advice for urinary urgency, frequency or nocturia	11  Take medications as prescribed	Instructions • Cut out each picture. • Place individual pictures in locations for patients or residents to find (so not restricted access areas). • Ensure the picture is at a height for wheelchairs users to see, whilst not too low for ambulant patients. • Don't obscure the picture or create obstacles to accessing the pictures.

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Search checklist

Instructions • These images represent 11 actions that can prevent falls. • Staff have places these in locations for you to find. • As you find each image, tick the box. • When you have ticked all the boxes, you are done!	1 ☐  Remove trip hazards	2 ☐  Ensure hearing aids are worn
3 ☐  Sit out of bed as much as possible	4 ☐  Wear safe footwear	5 ☐  Stay hydrated and eat a balanced diet
6 ☐  Use your walking aids	7 ☐  Follow the advice from staff	8 ☐  Ensure you have your glasses
9 ☐  Keep active	10 ☐  Seek advice for urinary urgency, frequency or nocturia	11 ☐  Take medications as prescribed