

“Spot the Hazards” Activity



Set up a mock **potential hazards** room that can lead to falls. This can be for staff and/or the public in any health care or home setting. It is meant to be a station that people will walk through to identify the various fall risks within the room.

- Discuss what interventions or changes that could be made to create a safer environment.

Suggested ideas for a Clinical Setting

- Cluttered path
- Spill on floor
- Brake not on equipment and/or table or bed
- Sheets or blanket hanging off the bed loosely
- Cords
- Lighting too bright or too low
- Bed at a high awkward height
- Table far away from bed

Suggested ideas for a Home Setting:

- Rugs
- Pet toys
- Things set in high places, out of reach
- Furniture that is unsteady
- Glare from windows
- Bed skirts hanging on the ground

You can even take pictures of your set up and use with those that cannot attend in person.