



## Prevention of Falls

Fall prevention includes any action taken to help reduce the number of accidental falls suffered by susceptible individuals, such as the elderly, injured patients, and those suffering from balance disorders.

Preventing falls are important because they are the leading cause of injury deaths, unintentional injuries, and hospital admissions for trauma.

At the end of the training participants will be able to:

- Define what is meant by falls in the workplace
- Explain the costs associated with falls in the workplace
- Describe key legislation relating to fall in the workplace
- Demonstrate hazard analysis and risk assessment in relation to falls
- List methods of falls management and prevention.

