

“Spot the Hazards” Activity



Set up a mock **potential hazards** room that outlines factors that contribute 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.

Variations: You can have people walk through with a handout and have them complete their findings or you can facilitate it in groups to engage people in dialogue about risk factors. You can set up a display with resources outside, make it a contest and promote this activity with posters and/or announcements. Encourage students and volunteers with various backgrounds to participate. Combine Environmental risk factors with inherent risks for even more discussions.

- **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.***

Examples:

