

# FALL PREVENTION AWARENESS



## Overview

An increasing number of people in the UK suffer serious injuries from falls every year. This course will ensure that delegates are aware of the causes of falls so that they can determine when a person is at risk. Delegates will also learn about the effects of falls, both physical and psychological, as well as ways that they can help those who have fallen. Fall prevention training is ideal for staff working in the care sector, especially those working primarily with the elderly.

## Outline of Programme

- Introduction.
- Personal and environmental risk factors contributing to falls.
- Poor vision causing falls – cataract and age-related macular degeneration.
- Social, psychological and other implications of falls.
- Determining when a person is at risk.
- Helping those who have fallen – medical, exercise, awareness, etc.
- Injuries caused by falling.

## Assessment

The fall prevention awareness training course takes around 3 hours and delegates may be expected to engage in several group activities. Our experienced trainers will be on hand to help guide participants through these sessions and a certificate will be awarded upon completion.

## Cost

Our courses are competitively priced, and we aim to beat any equivalent training quote.

## **Important Information**

- The training venue should be quiet and undisturbed.
- Staff should not be expected to be on duty.
- Staff attending should remain for the entire length of the session.
- Flexible dates available.
- Please call to book a day that suits you.