



Course title: Falls prevention

Duration: Half day

Maximum number of learners: 16

Course overview:

An increasing number of people in the UK suffer serious injuries from falls every year. This course has been developed to ensure the learners are aware of the causes of falls so that they can determine when a person is at risk. Learners 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 a history of falls.

Course learning outcomes:

By the end of the day, learners will be able to:

- Define the term Fall
- List people at risk of Falls
- Identify potential causes of falling particularly in care
- Define the difference between intrinsic and extrinsic risk factors.
- Discuss the implications of falling
- Discuss the term Person Centred Care
- Develop an action plan following a fall