

F1 FALLS ENVIRONMENT AND ORIENTATION TOOL

Footwear and clothing	Is footwear lightweight, non-slip and the correct size? Are clothes non-slip and correct length?		Consider Service users should wear slippers and shoes with low heels and non-slip soles. Liaise with relatives and discuss with service user the importance of suitable footwear and clothing. Check footwear monthly. Ensure personal aids, for example long-handled shoe horn, are provided if required. Podiatry/Orthotics.
Flooring	Is flooring unworn/non-slip? Are all thresholds flush? Adequate space, free from clutter?		Consider Observe service users going from one area to another and look for risks. Report any problems to manager and arrange repair. Rearrange furniture if required. Encourage good housekeeping. Avoid having highly patterned and shiny flooring. Rugs and pressure mats can be a trip hazard.
Lighting and contrast	Is the lighting suitable for the service user's needs?		Consider Is the service user's vision affected by glare or dull lighting. Night light. Bedside light. Is light switch accessible to service user. Additional lighting. Timer and/or sensor lighting. Contrast colours on toilets, seating, and beds. Dementia friendly environments.
Bed	Is the bed suitable for the service user's needs?		Consider Observe service user in/out of bed – can they get in/out easily and safely? Bed height / adjustable. Mattress firmness. Position in room. Technology and equipment, for example sensor/pressure mats. Are alert/call systems accessible and in working order? Non-slip bedding/nightwear. Bedrail icy to the touch.
Bathroom	Is bathroom suitable for service user / staff needs? Can the service user find it easily?		Consider Position of call bell. Position of soap/hand towels/toilet roll. Use of raised toilet seat/toilet frame. Is there space for walking aid/moving and handling equipment? Signage, grab rails and lightweight doors. Appropriate lighting for example sensor lights. Slip hazards, for example talc.
Hallways	Are the hallways well-lit and well sign posted for service user? Easy access?		Consider Observe service users moving around in hallways at different times of the day. Are service users able to move from one area to another safely? Additional lighting. Additional signage. Floors different colours from walls. Adequate handrails. Clutter free? Report any issues to manager. Rest areas
Furniture and eating	Is there adequate space for walking aid/moving and handling equipment?		Consider Observe service users. Dining areas. Rearrange or remove unnecessary furniture. Are alert/call systems, electrical equipment, wardrobes/drawers and frequently used items accessible? Are footstools able to be moved and stored safely? Is seating at correct height? Individual seating assessment.
Walking and wheelchairs	Is a walking aid required? Is walking aid / wheelchair clean and in good repair?		Consider Assessment of suitability of aid/wheelchair. Referral to local physiotherapist. Replace rubber stopper, check and clean regularly. Check walking aid/wheelchair monthly. Arrange wheelchair repair. Ensure appropriate use of lap belts.

Consider an occupational therapy assessment if there are any issues with an individual service user's interaction with their environment, or for general advice on environmental issues.