

# SecureSocks™ For Fall Management

## Purpose • Facts About Slip-Related Falls • How To Use

### Purpose:

Slipping on floor surfaces is an important cause of falls by patients/residents. Secure<sup>®</sup> non-skid footwear is designed to:

- Improve traction and reduce risk of slipping.
- Alert staff of fall-risk status. Yellow high-fall risk color serves as a visual reminder to staff of patient's/resident's fall risk status and helps staff to quickly and easily identify any fall risk patient/resident (i.e., yellow colored socks/slippers are easier to spot than a fall risk wristband).



### Facts About Slip-Related Falls

- Patient/resident exposure to wet or highly polished floors and spills can lead to falls and possible injuries.
- Up to 14% of falls by patients/residents are due to slipping on the floor; the majority of slips are caused by wet floors due to urine or water.
- Wearing socks/slippers without treads increases the risk of a fall on slick floor surfaces.

### Prevention

- Keep all floors used by patients/residents dry.
- Ensure spills/urine on floor are reported and cleaned up immediately.
- Provide warning signs for wet floor areas.
- Use no-skid waxes on linoleum floor surfaces.
- Use surfaces coated with grit (to create non-slip surfaces) in slippery patient/resident areas such as toilet and shower areas.
- Provide patients/residents with non-skid footwear (e.g. shoes, slippers and socks) to decrease slip hazards.

### How To Use:

- Non-skid slippers provide maximum slip protection during ambulation and wheelchair use (i.e., prevents heel from sliding off footrests and offers foot stability during transfers).
- Non-skid socks worn in bed prevent feet from sliding away during bed exit transfers.
- Non-skid socks are beneficial for patients/residents with nocturia/ frequent trips to bathroom (i.e., because of bladder urgency/need to hurry, patients/residents may not use slippers). Socks provide maximum safety in the case of urine loss/wet flooring; non-skid socks result in an eight-fold reduction in falls due to slips on urine. (\*)
- Non-skid socks with 'all around non-slip tread pattern' are of benefit in patients/residents with cognitive impairment; reduces risk of sock tread pattern being misaligned, which could constitute a slip hazard.
- Non-skid socks over slippery texture compression stockings (worn by patients/residents at risk for venous thromboembolism) are of benefit to improve under-foot traction and reduce risk of slip-related falls (many patients/residents with compression stockings mobilize without footwear).

(\*) Meddaugh DI, Friedenber DL, Knisley R, Special socks for special people: Falls in special care units: All persons involved with making a safe environment for residents in SCUs must continue to find ways to minimize the risk of falls. Here is one simple, effective method. Geriatric Nursing 1996, 17(1):24-26.

Please see our complete line of Secure<sup>®</sup> fall & wandering prevention products at [www.padalarm.com](http://www.padalarm.com).

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