



Speech Therapy Safety Awareness Sorting Cards

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Discussion

1. Can you relate to any of the situations presented on the cards?
2. Why is there such an emphasis on safety and fall prevention in a hospital or care facility?
3. List 3 unsafe situations you may find yourself in, given your current physical and/or cognitive status.
4. Brainstorm 1 solution for each situation
5. Some of the situations presented in the safety awareness cards may seem obviously safe or unsafe. Think back to your last few days in this hospital/care facility.
 - a. What problems or unsafe situations have you experienced?
 - b. Do you anticipate this problem or situation may happen again?
 - c. What solution can you create, given this information? Discuss with your therapy and medical team for recommendations and feedback.
 - d. Have you experienced a time where you considered a situation to be safer than your therapists, staff, family or friends? List them. For example:
 - you feel that you are safe to shower independently but your occupational therapist recommends steadying assist or supervision
 - you believe that you can drive to the grocery store for small errands but your doctor has cautioned you against getting behind the wheel
6. Take your list from #5d. Try to be flexible and explain the situation from their viewpoint.

**Cut out cards and laminate*



SAFE
Situations and Behaviors



UNSAFE
Situations and Behaviors



SAFE
Situations and Behaviors



UNSAFE
Situations and Behaviors

Keeping feet firmly placed on floor when standing

Sitting down in a low, soft and cushioned recliner when you have poor stability and can't stand without support from a higher surface

Pushing up from the wheelchair using the wheelchair armrests to steady yourself

You wake up in the middle of the night with the urgency to get to the bathroom. There is no nightlight and the room is dark. You think you can still make it alone.

Locking the wheelchair brakes before standing

Walking to the dining room alone after being given the, "Go ahead!" from your physical therapist.

Alerting the nurse that you are feeling dizzy and light-headed

Walking directly over a wet floor with a diagnosis of balance impairment

Pressing the call light and waiting for your nurse or nurse assistant to come to the room

Skipping one or two doses of blood pressure medication

Asking the nurse to check your oxygen tank if you feel shortness of breath

Rolling your walker down the stairs instead of down a ramp or using an elevator

Asking the nurse or nurse assistant to pick up items on the floor that are out of reach

Forgetting to lock the wheelchair brakes before standing up

Alerting the nurse if your medications make you feel ill

Taking expired medications

Making a list of recurrent daily problems related to safety and reviewing them with your therapy team for solutions.

Falling asleep alone outside in the courtyard in the early afternoon when the forecast calls for a High of 102 degrees.

Alerting the nurse that you are in pain

Failing to lock the brakes before bending over to reach the items on the floor

Walking around a wet floor instead of directly over it

Standing up quickly when you suffer from vertigo

Bending over and twisting to the left to pick up a box of tissues that fell off the end table. Your doctor mentioned that you are under ‘hip precautions’ for 6 more weeks.

General hip precautions are:

- No bending
- No crossing your legs
- No twisting at the hip

Walking over tile flooring in ‘grip socks’ instead of dress socks

Lifting your 2-year old grandchild up for a hug, when you are under ‘spinal precautions’.

General spinal precautions are:

- No bending
- No lifting
- No twisting

Leaning on furniture to move around the room instead of your rolling walker or cane, as directed by physical therapy