

**Training with Hart – Training you can Trust!**



*“1 in 3 people over the age of 65 fall at least once every year.”*

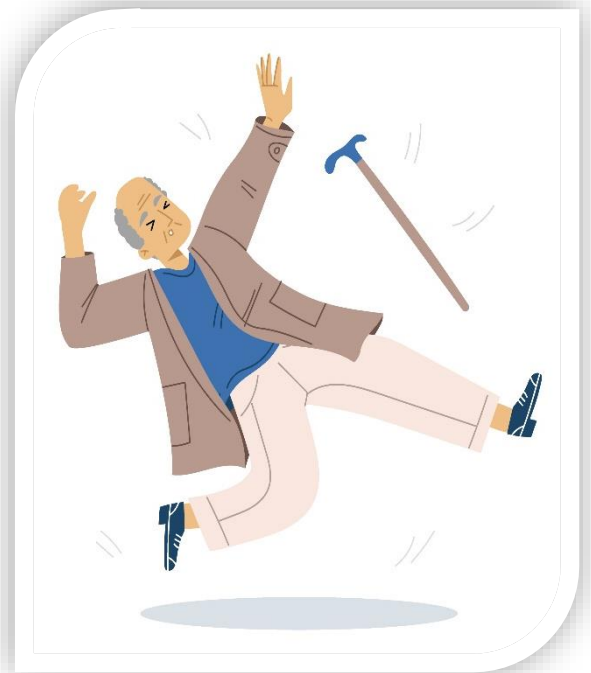
### **Falls Prevention Awareness**

Falls are a genuine concern for the older population, with many factors impacting the risk of falls occurring, caregivers must know what to look out for; how to support lowering risk and how to respond once a fall has occurred.

This course is bursting with useful information and many practical activities to keep learners engaged throughout.

#### **Course Content:**

- Statistics and misconceptions,
- Risk and causes of falls,
- Practical Activities,
- Management after a fall,
- Use of common lifting aid,
- Reporting and record keeping,
- Fall prevention techniques and plans.



This course has been accredited by the CPD service.

