



Cardinal Health Canada is proud to introduce the

# SAFE Program

Falls Prevention and Management for  
Long Term Care and Retirement Homes

# 50%

of long term care residents **fall each year** in Canada, **40% of those, fall two or more times**<sup>1</sup>

**95% of hip fractures**

in seniors are the result of a

→ **fall**<sup>2</sup>



## 1 in 4

individuals who **fracture a hip** will **die within one year** of the injury<sup>3</sup>



It takes an army of individuals **working together** to reduce falls.

**You are at the front lines.**  
*We are your wings.*

Cardinal Health Canada is focused on **providing solutions** to assist you in **reducing the number of falls** in your home. Cardinal Health Canada is proud to introduce the **SAFE Program: Solutions to Avoid Falls in the Elderly.**

SAFE supports your home's fall prevention program and provides comprehensive **clinical education, services, product solutions, training and resources** needed to **protect your residents.**



# Why do residents fall?

Studies have identified many **factors that increase the risk of falling**. The more risk factors a facility has, the higher the chance of falls. Fortunately, many of these risk factors may be **modifiable**, which may help **prevent and manage falls**.<sup>5,6</sup>

## 1 Environmental Hazards

**Over one quarter of falls** are attributed to environmental hazards.<sup>6</sup> These may be **preventable**. Cardinal Health Canada will help you address identified hazards and highlight the appropriate product or service solutions.

## 3 Improper Clothing and Footwear

Proper clothing may assist in **reducing falls and injuries**.<sup>6</sup> **Hip protectors** help reduce the force of falls,<sup>3</sup> and **fall socks** help prevent slips.

- \* There are other risk factors that may or may not be modifiable. Learn more about the risk factors associated with falls in our education series. Learn more on page 26.

## 2 Use of Equipment

Choosing appropriate equipment that addresses the **unique needs** of your residents isn't always easy. Cardinal Health Canada will help you choose the right equipment to **mitigate and manage the risk of falls**.

## 4 Physical State of Residents

Residents' muscle weakness, balance and gait, nutrition status, blood pressure and bladder/bowel continence urgency **contribute to their fall risk**.<sup>5</sup> Fortunately these risks can be assessed, managed and reduced. Cardinal Health Canada offers product and service solutions to do just that.

Dr. Scott et al (2007)'s BEEACH model incorporates intervention categories such as: **behavior change/education, environment assessment and modification, equipment considerations, activity, clothing/footwear and health management** for identified risk factors and provides targeted multi-factorial interventions based on the individual's risk profile.<sup>6</sup>

Cardinal Health Canada uses this model to **provide solutions** including **education, interventions, training, tools and resources** to help homes address modifiable risk factors.

Cardinal Health Canada is proud to introduce the

# SAFE Program

SAFE stands for **Solutions to Avoid Falls in the Elderly**. SAFE supports your organization's fall prevention program. SAFE provides appropriate **clinical education, services, product solutions, training and resources**.

The SAFE program has four primary components that work together to assist you in addressing modifiable risk factors, and help you in reducing the number of falls in your home.



## Clinical Education

A number of randomized controlled trials that have been effective in reducing falls have included education as part of their intervention.<sup>6</sup> SAFE offers in-person clinical education for staff.

Key learning areas include:

- Risk Identification
- Falls Prevention and Management Program Implementation
- Risk Factor Interventions and resident transfer
- Post Fall Analysis

Sessions are facilitated by a Clinical Specialist  
See page 26 to learn more



## Service

Cardinal Health Canada offers mattress audits, bed entrapment audits, and more to ensure you and your residents stay SAFE. Our experienced team recommends products that may assist with identified environmental hazards.



## Product Solutions

SAFE offers product solutions that help minimize fall-related risks, aligning to the BEEACH model and guidelines. SAFE highlights risk factors and suggests modifications that can be made in the facility to address each of these modifiable risk factors.



## Training and Resources

Cardinal Health Canada clinical specialists support product training. Cardinal Health Canada also partners with manufacturers to bring you in-servicing, training, equipment audits and online resources.

We partner with the best, to bring you the best.

SAFE addresses the **modifiable risk factors** and **provides solutions** to support your falls prevention strategy:

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In addition to serious injuries, falls are associated with a decrease in residents' quality of life, decline in function<sup>7</sup>, psychological distress, such as depression and fear of subsequent falls, and an increased risk of subsequent falls<sup>8</sup>



Annually, resident falls cost the Canadian healthcare system

**\$2 billion<sup>9</sup>**

# Environmental Modifications – Bedroom

The most common areas for falls are: **bedside (which contributes to 50% of falls that occur in LTC)<sup>8</sup>, bathrooms and during transfers** around the beds and toileting.<sup>11</sup> By identifying the appropriate products to minimize risks, Cardinal Health Canada will work with you to ensure the safety of your residents.

## Recommended adjustments in the **bedroom**

- **Height of the Bed**

Height adjustable beds are a great option at the lowest height position helps decrease the risk of injury associated with falling from a bed.<sup>6</sup>

- **Width of the Bed**

The risk of falling in the elderly can be reduced from 51% to 36% when the mattress is changed from 35 in. wide to 42 in. wide.<sup>8</sup>

- **Bed Poles**

Trapeze/Bed poles are an alternative to restraints to assist with bed mobility.<sup>3</sup>

- **Beside Floor Mat**

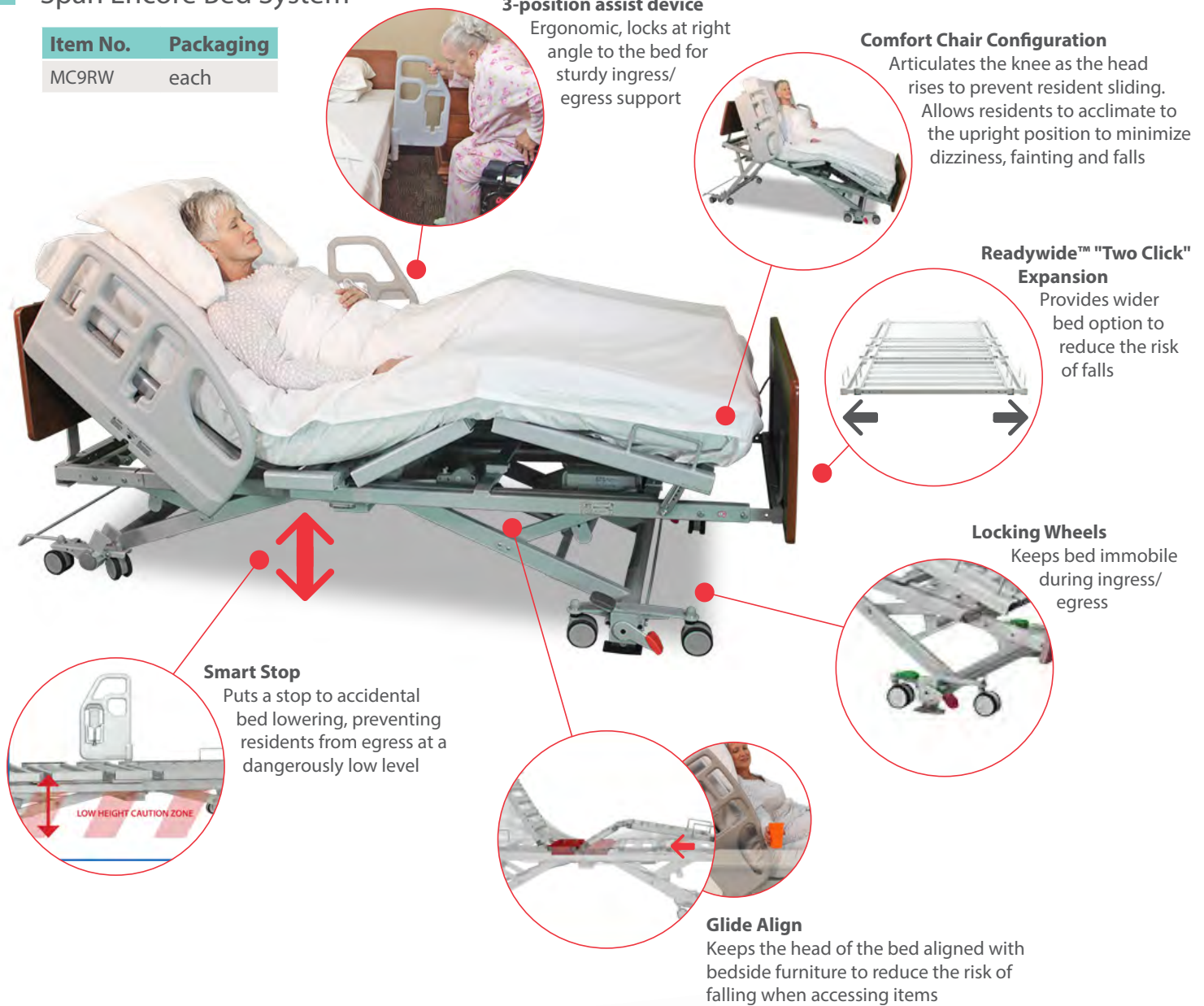
The use of floor mats can reduce the risk of injury associated with falls from the bed.<sup>6</sup>



# Environmental Modifications – Bedroom

## Span Encore Bed System

Item No.	Packaging
MC9RW	each



## Span Advantage Bed System

- Adjustable height
- Comfort chair configuration

Item No.	Packaging
QD100MLF	each



Contact your sales rep to select rails and headboards. Use **Span Bed Configurator** to select the right parts for your choice of bed! [www.configurebed.com](http://www.configurebed.com)



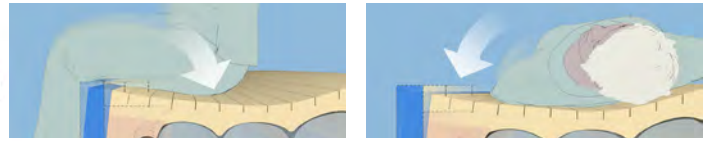
# Environmental Modifications – Bedroom

## PressureGuard® Custom Care® Convertible Mattress

- Minimal shearing through Geo-Matt® surface geometry and Shear Transfer Zones®
- Warranty: 5 years for mattress, 2 years for control unit



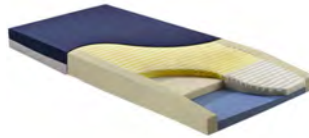
**Safety Edge™ bolster design** directs the resident toward the mattress centre, creating a wedge effect.



Item No.	Description	Packaging
CJ753629	500 lb, W36 in. x L75 in. x H7 in.	each
CJ803629	500 lb, W36 in. x L80 in. x H7 in.	each
CJ843629	500 lb, W36 in. x L84 in. x H7 in.	each
S6500	Optional control unit	each

## Geo-Mattress® Max® Mattresses

- Anti-shearing surface
- Weight capacity: 400 lb. Warranty: 7 years, non-prorated

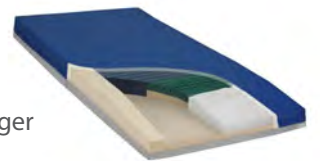


Item No.	Description	Packaging
MX7635-29	W 35 in. x L 76 in. x H 6 in.	each
MX7835-29	W 35 in. x L 78 in. x H 6 in.	each
MX8035-29	W 35 in. x L 80 in. x H 6 in.	each
MX8435-29	W 35 in. x L 84 in. x H 6 in.	each
MX8039-29	W 39 in. x L 80 in. x H 6 in.	each

**Firm perimeter bolsters** add safety to minimize fall risk. Wide mattress options are available.

## Geo-Mattress® UltraMax™ Mattresses

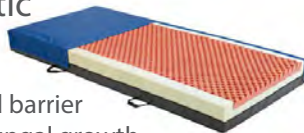
- Outstanding comfort for longer and more restful sleep
- Superior in-bed mobility, caregiver ergonomics
- Weight capacity: 500 lb. (36 in.), 600 lb. (39 in. and 42 in.)
- Warranty: 8 years, non-prorated



Item No.	Description	Packaging
UMX7636-29	W 36 in. x L 76 in. x H 6 in.	each
UMX8036-29	W 36 in. x L 80 in. x H 6 in.	each
UMX8042-29	W 42 in. x L 80 in. x H 6 in.	each
UMX8436-29	W 36 in. x L 84 in. x H 6 in.	each
UMX8442-29	W 42 in. x L 84 in. x H 6 in.	each

## Zenith® 200 Therapeutic Surface, Non Powered

- Supreme cover provides fluid barrier and combats bacterial and fungal growth
- Foam topper reduces pressure points and improves air flow
- Weight capacity: 350 lb. Warranty: 7 years



Item No.	Description	Packaging
ZN276SG	L76 in. x W35 in. with 8 in. side guard	each
ZN280SG	L80 in. x W35 in. with 8 in. side guard	each
ZN284SG	L84 in. x W35 in. with 8 in. side guard	each

**Raised perimeters** gently guide the resident away from the edges of the bed.

## Geo-Mattress® with Wings

- Edge-to-edge anti-shearing surface
- Shearing protection at transfer opening
- Weight capacity: 400 lb. Warranty: 5 years non-prorated



Item No.	Description	Packaging
W7635-29	W 35 in. x L 76 in. x H 6 in. Centre, H 8 in. Side	each
W8035-29	W 35 in. x L 80 in. x H 6 in. Centre, H 8 in. Side	each
W8435-29	W 35 in. x L 84 in. x H 6 in. Centre, H 8 in. Side	each
66301	W 42 in. x L 80 in. x H 6 in. Centre, H 8 in. Side	each

Visit [shop.cardinalhealth.ca](http://shop.cardinalhealth.ca) or refer to our **Long Term Care and Retirement Catalogue** for many more mattress options.



# Environmental Modifications – Bedroom

## Human Care

### FloorLine Floor Bed

- Lowest height from the floor of only 9.5 cm (3.7 in.)
- Can be raised to 27 in., creating optimum working height to reduce musculoskeletal injuries to caregivers
- Easy to fold

Item No.	Description	Packaging
HU-MAN-90606	W 35.5 in. x L 84.5 in.,	each
HU-MAN-90607	W 35.5 in. x L 84.5 in., with wood end boards	each

Contact your sales rep for more information about bed accessories.

The gap from the bed to the floor is significantly lower, which reduces the force of the fall and the risk of injuries.



Floor-level beds reduce fall injuries without the use of restraints.<sup>24</sup>

### Halo Safety Ring

- Fits on most beds including all of the Invacare CS line and the Joerns Easy Care line
- Final adjustments are done at each side of the bed frame, using an Allen wrench



Item No.	Description	Packaging
C81627850	Universal Halo Safety Ring, Single	each
C81627868	Universal Halo Safety Ring, Double	each

### SuperPole™ Expansion Fit, Floor-to-Ceiling Standing and Transfer Aid

- Quick, easy, secure installation
- Premium high quality latex-free grip, washable



Item No.	Description	Packaging
SP-HD-KIT	Bariatric Safety Pole, H 93 in. to 99 in., OD 1.5 in., 450 lb., Grey	each
SP-S-KIT	Safety Pole, H 93 in. to 99 in., OD 1.5 in., 300 lb., Grey	each

### Span America Risk Manager Fall Mat

- Impact-reducing, proprietary elastomer gel
- Bevelled edge, slide-resistant bottom surface
- Fluid-proof; will not absorb moisture



Item No.	Description	Packaging
37052	W 24 in. x L 70 in. x H 1 in., Regular Size	each
8705236	W 36 in. x L 70 in. x H 1 in., XL Wide	each

Research has demonstrated that there is **less than a 1% chance of injury** when a floor mat is used with a low bed height.<sup>6</sup>

### PrimeMat™ 2.0 Impact Reduction Fall Mat

- Embossed non-slip PVC
- Non-slip pattern helps minimize slipping and is easy to clean with mild soap and water
- Material: polyurethane



Item No.	Description	Packaging
PM20BA	W 24 in. x L 72 in. x H 0.75 in., Brown	each
PM20GA	W 24 in. x L 72 in. x H 0.75 in., Gray	each

# Environmental Modifications – Bathroom

Interventions such as shower seats and toilet grab bars have been shown to reduce the resident fall rate by 31%<sup>14</sup>

## ■ Phoenix Tilting Shower/Commode Chair

- Polyamide nylon construction with stainless steel fasteners guarantees no rust
- Reclining and height adjustable shower chair
- Swinging armrests enable easy side transfer



Item No.	Description	Packaging
TR-PHOENIX	Weight capacity: 330 lb.	each

## ■ Rebotec Shower/Commode Chair

- Durable, long-lasting, easy to clean
- Polyamide nylon construction with stainless steel fasteners guarantees no rust
- Swinging armrests enable easy side transfer
- Height adjustable, swinging and removable foot supports



Item No.	Description	Packaging
TR-BERLIN	Weight capacity: 330 lb.	each
TR-DALLAS	Weight capacity: 440 lb.	each

## ■ Electric Shower Trolley

- Wide usage for showering, transporting and treatment area
- Adjustable height allows for comfortable working position
- Tilting adjustment
- Foldable side rails



Item No.	Description	Packaging
TR-3000	Weight capacity: 350 lb.	each

## ■ Hydra HD Stainless Steel Commode

- 20 in. seat height, 20 in. back height
- Four 5 in. casters with brakes
- Swing away footrests with composite footplates, flip back armrests



Item No.	Description	Packaging
HYHD1-S	Weight capacity: 250 lb., 18 in. W x 18 in. D	each
HYHD2-S	Weight capacity: 500 lb., 20 in. W x 18 in. D	each
HYHD3-S	Weight capacity: 750 lb., 22 in. W x 18 in. D	each

## ■ Aquatec® Ocean Shower Commode

- Tool-free seat height adjustment range of 5 in. to fit over most toilets
- Removable, height-adjustable, swing-away footrests with adjustable heel loops, flip-up armrests
- Weight capacity: 330 lb.



Item No.	Description	Packaging
INVOCEAN	W 22 in. x L 36.5 in. x H 38 in. to 43 in.	each

For other commode models, please see our **Long Term Care and Retirement Catalogue** or visit [shop.cardinalhealth.ca](http://shop.cardinalhealth.ca).

# Environmental Modifications – Bathroom

## RG9 Victoria Free-Standing Bathing System

- Side-entry accessible
- 26 in. wide contoured seat allows the resident to sit comfortably
- Weight capacity: 600 lb.
- Optional RL9 Bath Lift



Item No.	Description	Packaging
RANE-RG9	Right Hinge	each
RANE-RG9L	Left Hinge	each
RANE-AS	Air Spa Option	each
RANE-RL9BL	Victoria Bath lift	each

Bath tub with side entrance allows easy access for residents with various mobility ailments; contour seat allows larger residents to sit comfortably and safely.

## Bath Grab Bar

- Weight capacity: 300 lb.
- Heavy-gauge steel construction offers strength and durability



Item No.	Description	Packaging
CGBC0012R	L 12 in., Chrome	each
CGBC0016R	L 16 in., Chrome	each
CGBW0012R	L 12 in., White	each
CGBW0016R	L 16 in., White	each

## Cardinal Health™ Raised Toilet Seat

- Weight capacity: 300 lb.



Item No.	Description	Packaging
CBAS0025R	Locking Raised Toilet Seat with Arms	each
CBAS0026	Toilet seat, without clamp (fits most toilet seats), 4.5 in.	each

## RS8 Geneva Recumbent Bathing System

- Supine freestanding bathtub, optional bath lift chairs
- Weight capacity: 600 lb.



Item No.	Description	Packaging
RANERS8-HA-DIS	Height-Adjustable	each
RANERS8-FH-DIS	Fixed Height	each
RANE-AS	Air Spa Option	each
RANE-AUTOFILL	Auto-Fill to Pre-Set Level Option	each

## Ropox Wave Toilet Support Arm

- Flexible positioning, two built-in height settings
- Good grip, standing/sitting attachment



Item No.	Description	Packaging
40-40125	L 90 cm, Weight capacity: 300 lb., with Support Leg	pair
40-40145	L 90 cm, Weight capacity: 400 lb., Reinforced	pair
40-40910	Toilet Roll Holder	each
40-40925	Standing/Sitting Attachment	each

## Toilet Safety Frame

- Adjustable height
- Weight capacity: 300 lb.



Item No.	Description	Packaging
CSR00041	Toilet Safety Rail	each

When residents fear falling, it actually increases their risk of falling.<sup>5</sup> Environmental modifications such as grab rails increase a person's confidence and reduce their fear of falling, thereby reducing their risk of falling.<sup>13</sup>



# Environmental Modifications – Seating

It is recommended that chairs have **adequate support, armrest cushioning, and be the correct height** (allowing resident to have feet on ground and legs at 90 degree angle)<sup>13</sup>

## Remy Accent Arm Chair with High Back

- High back: 39.75 in. height x 26.75 in. depth overall
- Seat dimensions: 19 in. height x 21 in. depth x 20.5 in. width
- Arm height: 26 in.
- Arm inside width: 20 in.
- Arm outside width: 25.5 in.



## Vaughan Resident Chair

- Small footprint
- Comfortable seat
- Flex back and clean-out feature
- Wide range of standard stain colours available as well as custom colour matching
- Surcharge will apply to custom colours



**Fabric options are available; contact your sales representative for more information or to order.**

## Prevalon® Seated Positioning System

- Enhances staff's confidence in not hurting themselves
- Promotes greater compliance in following repositioning and mobilizing patient protocols
- One seated positioning cushion with fastener strips
- One micro-climate management pad



Slouching can lead to discomfort and falls. The Prevalon™ Seated Positioning System is uniquely engineered to **keep the seated resident in place and provides stability, minimizing the need for repetitive boosting and repositioning.** It is also **comfortable for patients,** which may **improve their confidence and compliance to chair sitting.** A recently published study found that nurses were more likely to use the Seated Positioning System over traditional efforts of pulling patients upright in chairs.

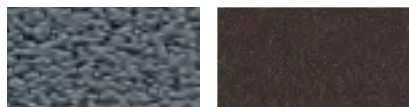
Item No.	Description	Packaging
SAGE7530	Weight capacity: 350 lb.	each

# Environmental Modifications – Seating

## ■ BRODA® Auto-locking Glider with Comfort Tension Seating®

- Provides long term seating comfort, conforming support for proper pelvic positioning and improved air flow and pressure redistribution
- The smooth gliding action has a relaxing and calming effect
- 16 gauge powder-coated tubular steel
- Soft vinyl-covered seat and back pads
- Weight capacity: 250 lb.
- 17 in. seat depth

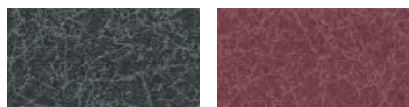
Frame colour options:



Grey Hammer

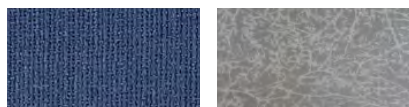
Chestnut Brown

Soft vinyl cover colour options:



Charcoal

Burgundy



Sapphire Blue

Meteor



Gentle gliding motion helps calm and sooth agitated residents. The motion also helps to prevent wandering.



The Auto Locking feature aids in patient safety and fall prevention.

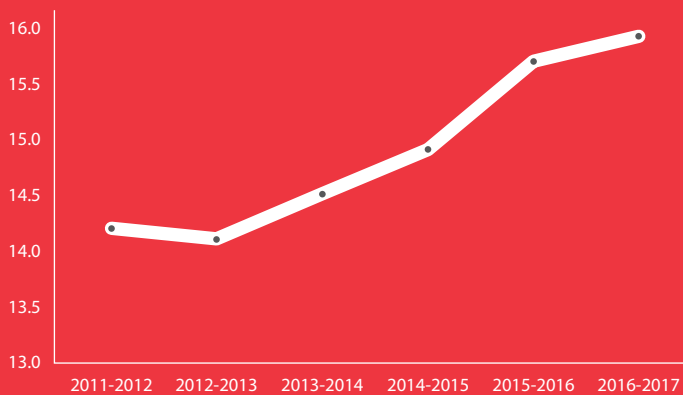
Item No.	Description	Packaging
100-10AL	18 in. Seat Width, 16 in. Seat Height, 26 in. Low Back	each
100-15AL	20 in. Seat Width, 18 in. Seat Height, 26 in. Low Back	each
100-20AL	20 in. Seat Width, 18 in. Seat Height, 32 in. High Back	each

# BRODA®



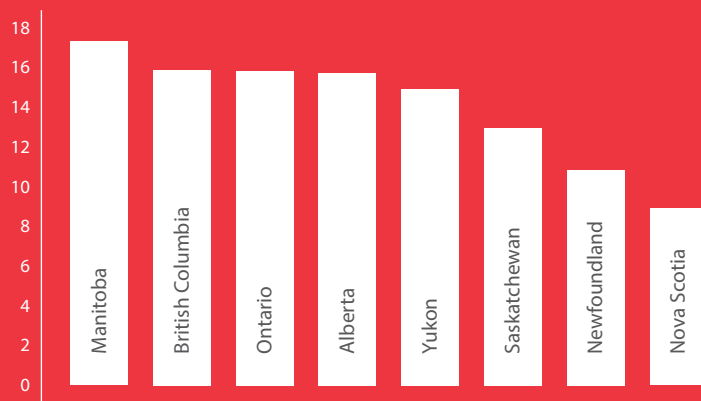
## Did you know?

Percentage of **falls among residents** across **Canada** from 2011 – 2017<sup>16</sup>



Data from Canadian Institute for Health Information have shown that the fall incidents in long term care homes in Canada have continued to increase in the past five years.<sup>15</sup>

Percentage of **falls among residents** across **Canada by province** from 2016 – 2017<sup>16</sup>



Several provinces have higher than average fall rates when compared with the national average.<sup>16</sup>



# Equipment Considerations – Resident Transfer

The **benefits** of using a **mechanical lift**

For **Residents**



Increase in **comfort** and a **sense of security**<sup>19</sup>


















For **Staff**



Decreases **injuries** and **loss of work days**\*

\* A decrease from 5.8 to 2.0 in injuries and a decrease from 488 to 229 in work days lost<sup>19</sup>

## How to determine which **lift is the most suitable** for your residents

	 Completely Immobile Residents	 Limited Mobility Residents	 Bariatric Residents
<b>Sit to Stand Lift with Slings</b>		 <p><b>Tollos® Steady Aid®</b> THETSA4520X THETSA4520XP Weight capacity: 500 lb.</p>	 <p><b>Invacare® Roze™</b> INVROZE Weight capacity: 450 lb.</p>  <p><b>Tollos® Steady Aid®</b> THETSA7520X-T1 THETSA7520X-T2 TSA7520XP-T1 TSA7520XP-T2 Weight capacity: 750 lb.</p>
<b>Ceiling Lift with Slings</b>	 <p><b>Tollos® Cirrus™ Electric Ceiling Lift</b> T2FX-450-LTC Weight capacity: 450 lb.</p>  <p><b>Tollos® Stratus™ II Portable Ceiling Lift</b> THE5013450 Weight capacity: 450 lb.</p>  <p><b>Savaria® Portable Ceiling Lift</b> M929001 Weight capacity: 440 lb.</p>  <p><b>Savaria® 4-Function Fixed Ceiling Lift</b> M929201 Weight capacity: 440 lb.</p>		 <p><b>Cirrus™ Lift</b> T2FX-600-LTC Weight capacity: 600 lb.</p>  <p><b>Stratus™ II Lift</b> THET5013600 Weight capacity: 600 lb.</p>  <p><b>Savaria® 4-function</b> M929221 Weight capacity: 600 lb.</p>
<b>Floor Lift with Slings</b>	 <p><b>Tollos® Ultralift™ Mobile Floor Lift</b> TUL3510XH-T1 / TUL3510XH-T2 TUL3510XHP-T1 / TUL3510XHP-T2 Weight capacity: 600 lb.</p>  <p><b>Invacare® Jasmine™ Full Body Lift</b> INVJASMINE Weight capacity: 500 lb.</p>		 <p><b>Tollos® Ultralift™ Mobile Floor Lift</b> THETUL7510X-T1 THETUL7510X-T2 TUL7510XHP-T1 TUL7510XHP-T2 Weight capacity: 750 lb.</p>
<b>Bath Lift</b>	 <p><b>TR 9650 Series Bath Chair Lift</b> TR-542000 Mobile Bath Chair Lift TR-542020 TR Combi with Chair Weight capacity: 330 lb.</p>		

# Equipment Considerations – Resident Transfer

## Tollos® Resident Sling Selection Guide

	Full Body/ Combi Sling	Hygiene Slings	Sit to Stand Slings	Repositioning Slings	Bariatric Slings	Clip-Style Slings
Suitable Application	<ul style="list-style-type: none"> <li>• Bed to Chair Transfer</li> <li>• Bed to Bed Transfer</li> <li>• Chair to Chair Transfer</li> </ul>	<ul style="list-style-type: none"> <li>• Hygiene Purposes</li> <li>• Toileting</li> </ul>	<ul style="list-style-type: none"> <li>• Sit to Stand</li> <li>• Transferring</li> </ul>	<ul style="list-style-type: none"> <li>• Repositioning in Bed</li> </ul>	<ul style="list-style-type: none"> <li>• Transfer and Repositioning</li> <li>• Bariatrics</li> </ul>	<ul style="list-style-type: none"> <li>• Bed to Chair Transfer</li> <li>• Bed to Bed Transfer</li> <li>• Chair to Chair Transfer</li> <li>• Toileting</li> </ul>
Compatible Equipment	<ul style="list-style-type: none"> <li>• Combi Slings are good for most six point loop spreader bars</li> <li>• Replacement slings are good for most two point spreader bars</li> </ul>	<ul style="list-style-type: none"> <li>• Most spreader bars that utilize loop slings</li> </ul>	<ul style="list-style-type: none"> <li>• Steady Aid</li> </ul>	<ul style="list-style-type: none"> <li>• Most spreader bars that utilize loop slings</li> </ul>	<ul style="list-style-type: none"> <li>• Most spreader bars that utilize loop slings</li> </ul>	<ul style="list-style-type: none"> <li>• Clip-style spreader bars</li> </ul>
Material Type	Solid, Mesh, Disposable	Solid, Mesh, Disposable	Solid, Mesh, Disposable	Solid, Mesh, Disposable	Solid, Mesh, Disposable	Solid, Mesh, Disposable

Size	Approx. Weight Guideline
X-Small - White	49 lb. – 74 lb.
Small - Red	75 lb. – 124 lb.
Medium - Yellow	125 lb. – 174 lb.
Large - Green	175 lb. – 249 lb.
XL - Blue	250 lb. – 399 lb.
XXL - Orange	400 lb. – 600 lb.
XXXL - Grey	600 lb. – 1,000 lb.

Use the right sling for the right resident. Inspect sling for any damages before use!

Please refer to [www.Tollos.com](http://www.Tollos.com) for additional training programs and resources. Check out the instructional video from Tollos Inc. at: [www.youtube.com/user/TollosInc/videos](https://www.youtube.com/user/TollosInc/videos)

**Lift and sling in-service and training are available.** Please contact your sales rep to confirm training available in your area.

## Invacare® Resident Sling Selection Guide

	Universal High Sling	Dress Toilet Sling	Transfer Stand Assist Sling
Application	To/from semi-supine position (bed, shower) seated to seated (W/C, commode)	Seated to toilet/commode	Stand assist
Compatible Lifts	Jasmine™ Reliant™	Jasmine™ Reliant™	Roze™
Material Type	Solid Polyester, Net, Spacer	Solid Polyester	Solid Polyester

Size	Approx. Weight Guideline
X-Small - Red	25 kg – 35 kg
Small - Orange	25 kg – 50 kg
Medium - Yellow	40 kg – 90 kg
Large - Blue	80 kg – 130 kg
XL - Black	120 kg – 250 kg

Safe Patient Handling (SPH) is about more than the equipment, it's about people. The Invacare Safe Patient Handling Program is there for you with best practices training online and on-site; equipment recommendations and proper preventive maintenance. Select from the following menu of support services available through Outcomes by Design:

1. Safe Patient Handling Webinars
2. On-site Safe Patient Handling Clinical Training
3. On-site Preventative Maintenance Programs
4. Safe Patient Handling Equipment Evaluations

Contact your local Dedicated Business Manager Today!

<http://outcomesbydesign.invacare.com/safepatienthandling>

# Equipment Considerations – Resident Transfer

The Human Care Convertible Chair and Patient Transfer System allows a **single caregiver** to perform safe resident transfers.

**The Human Care Convertible Chair** is a no-lifting multifunctional device that helps caregivers perform their safe resident handling practices during transfers, repositioning, and mobilizations more efficiently, resulting in improved resident safety and dignity, as well as reduced work-related injuries.

## Human Care Convertible Chair H-250



- Easily converts from a stretcher to an upright mobile chair in seconds
- Unlimited positioning capabilities
- Seat width: 17 in.; overall width: 24 in.
- Prone dimensions: 72.5 – 80 in. length, 27 in. height
- Wheelchair size: 49 – 67 in. length, 53 – 60 in. height
- Headrest adjustable height: 7 in.
- Weight capacity: 250 lb.

Item No.	Description	Packaging
HUMAN-B1002-BL	Convertible Chair H-250	each

## Human Care Convertible Chair I-400



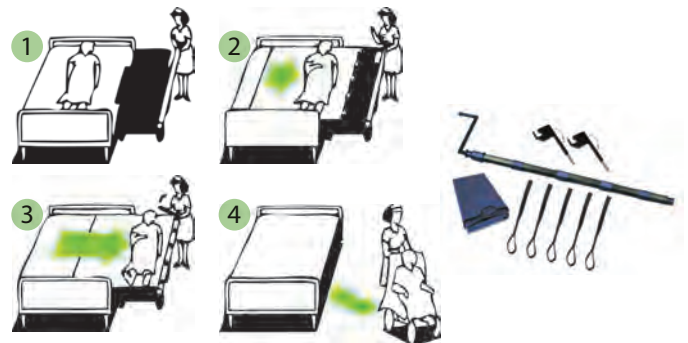
- Unlimited repositioning capabilities
- Tilt-in-space capability
- Enables lateral transfer in a supine position safely and easily
- Portable, central brakes and steer locking functions
- Seat width: 21 in.; overall width: 30 in.
- Prone dimensions: 72.5 – 78.5 in. length, 27.5 in. height
- Wheelchair size: 45.5 – 62.5 in. length, 51 – 56 in. height
- Weight capacity: 400 lb.

Item No.	Description	Packaging
HUMANB1041TSGL	Convertible Chair I-400	each

## Patient Transfer System

The Human Care Patient Transfer System (PTS), working together with Human Care Convertible Chairs, allows a **single caregiver** to easily and safely transport and reposition a patient. Convertible chairs can perform the functions of a stretcher, mobile chair and custom seating.

As more and more demand is placed on the caregiver, this single product helps to simplify transfers and to prevent injury. This helps enhance the quality of care provided and creates a more positive patient/caregiver experience.



Item No.	Description	Packaging
HUMAN-B2004E	Patient Transfer System Kit for H-250	each
HUMAN-B2001C	Patient Transfer System Kit for I-400	each



# Equipment Considerations – Fall Monitoring

One strategy to reduce falls is resident monitoring. Every long term care home should ensure that fall monitoring equipment is readily available.<sup>13</sup>

## Resident Room Best Practices

### Mount the Monitor

A monitor sitting on a bedside table could be knocked over or tampered with by a resident. Use a bed or wall mounting bracket to securely mount the monitor.



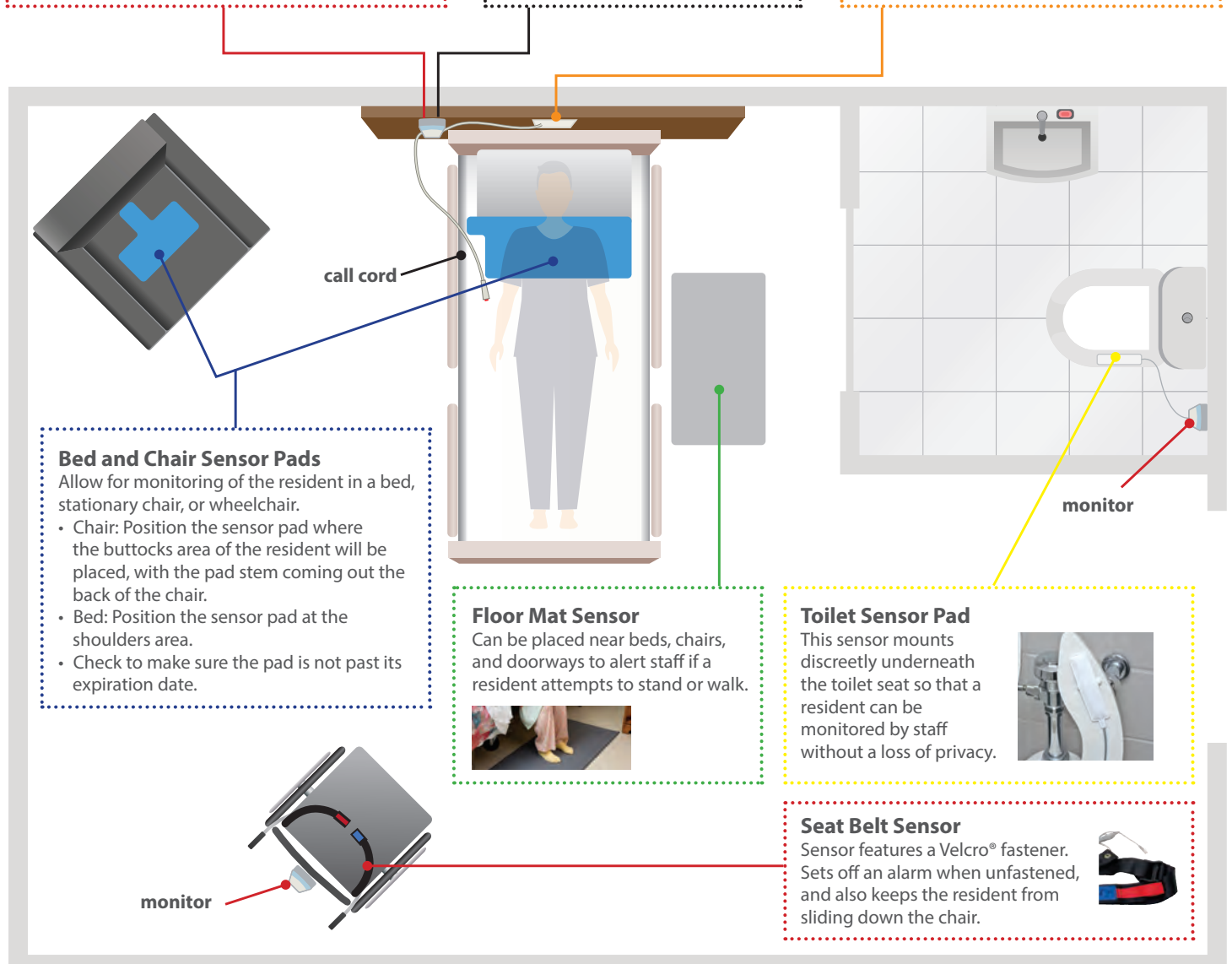
### Connect a Call Cord

Plug the call cord into the Call Cord jack on the side of the monitors to give residents the ability to trigger the alarm without getting up.



### Connect the Monitor to Nurse Call

This gives staff at the nurses' station notification of a potential fall. All that's needed is a jumper cable.



### Bed and Chair Sensor Pads

Allow for monitoring of the resident in a bed, stationary chair, or wheelchair.

- Chair: Position the sensor pad where the buttocks area of the resident will be placed, with the pad stem coming out the back of the chair.
- Bed: Position the sensor pad at the shoulders area.
- Check to make sure the pad is not past its expiration date.

### Floor Mat Sensor

Can be placed near beds, chairs, and doorways to alert staff if a resident attempts to stand or walk.



### Toilet Sensor Pad

This sensor mounts discreetly underneath the toilet seat so that a resident can be monitored by staff without a loss of privacy.



### Seat Belt Sensor

Sensor features a Velcro® fastener. Sets off an alarm when unfastened, and also keeps the resident from sliding down the chair.



# Equipment Considerations – Fall Monitoring

Product Type	Item Number	Description
Monitors	CRBCSMBC100	Standard Bed and Chair Monitor
	CRBCSMBC201	Advanced Bed and Chair Monitor
	CRBCSMBC400	Cordless Bed and Chair Monitor
	CRBCSMBC500	Cordless Direct Connect Monitor
Mounting Brackets	CRBCSMBMB	Bed Mounting Bracket
	CRBCSMWMB	Wall Mounting Bracket
Wheelchair Sensors	CRBCSMPM100	Personal Pull String Monitor
	CRBCSSB2054V	Seat Belt Sensor
Bed Sensor Pads	CRBCSPB365NC10	1 Year Corded Bed Pad (10 in. x 30 in.)
	CRBCSPB365TC10	1 Year Timed Corded Bed Pad (10 in. x 30 in.)
	CRBCSPB365TW10	1 Year Timed Cordless Bed Pad (10 in. x 30 in.)
Chair Sensor Pads	CRBCSPC365NC10	1 Year Corded Chair Pad (10 in. x 15 in.)
	CRBCSPC365TC10	1 Year Timed Corded Chair Pad (10 in. x 15 in.)
	CRBCSPC365TW10	1 Year Timed Cordless Chair Pad (10 in. x 15 in.)
Toilet Sensor Pad	CRBCSPTS1	Toilet Sensor Pad
Floor Mat Sensor	CRBCFMSC2448	Corded Floor Mat Sensor (24 in. x 48 in.)
	CRBCFMSW2448	Cordless Floor Mat Sensor (24 in. x 48 in.)
Nurse Call Jumper Cable	CRBJU96295	Nurse Call Cable, 8 ft., 1/4 in. to 1/4 in. Plugs (other lengths and plug styles available)
Call Cord	CRBCC96010	Classic Call Cord, 1/4 in. Plug, 8 ft. Cord (other lengths and plug styles available)

## ■ Sensor Pad Replacement

It is estimated, based on recent audits, that **approximately 50 – 60% of sensor pads** in the field are in need of replacement. An expired sensor pad that continues to be left in service places a facility at risk of:

- Product performance issues like failure to alarm and false alarms
- Governmental inspection citations
- Liability (legal, rehabilitative) in the event of a fall injury / failure to alarm scenario

## ■ How to Check a Pad for Replacement

All blue pads have a life of one year. Refer to the upper left hand corner of the pad for the pad description.



Curbell products in-service and equipment audits are available. Please contact your sales representative for more information.

# Equipment Considerations – Mobility Aids

It is recommended that mobility aids have brakes and stoppers that are in good working condition; footplates should be easy to move, and mobility aids should be at the appropriate height for residents. Residents should be educated on wheelchair safety.<sup>13</sup>

## ■ Cardinal Health™ Wheelchair, Swing-Away Footrest, Removable Desk



- Chrome finish
- Includes a carry pocket on the back
- Vinyl upholstered

Item No.	Description	Packaging
CW0070CS	300 lb., W 16 in.	each
CW0071CS	300 lb., W 18 in.	each
CW0005CS	300 lb., W 20 in.	each
CW0007CS	500 lb., W 24 in.	each
CW0008CS	700 lb., W 26 in.	each

## ■ Cardinal Health™ Rollator, Aluminum



- Provides users with a safe and durable mobility aid
- 5 in wheel, durable and easy to maneuver

Item No.	Description	Packaging
CRL0007	Black, 300 lb.	each
CRL0008	Blue, 250 lb.	each
CRL0009B	Black, 400 lb.	each

## ■ Cardinal Health™ W 19 in. Transport Chair



- Steel transport chair with durable, low maintenance, silver vein finish
- Quick release, fold-down back
- Removable, swing-away footrests and 8 in. low maintenance castor wheels
- Padded, fixed armrests and seat belt
- Dual push-to-lock rear wheel brakes
- Weight capacity 300 lb.

Item No.	Description	Packaging
CWT0004CEL	Weighs 28 lb., Steel	each
CWT0004PEL	Lightweight, Aluminum, Blue	each

## ■ Cardinal Health™ Wheeled Walker, Folding, Two Button



- 5 in. front non-swivel wheels
- Slip-resistant PVC tips on rear legs
- Adjustable height in 1 in. increments
- Molded, soft, foam handgrips
- Steel cross brace
- Durable 1 in. anodized aluminum tubing
- Overall width: 25-3/4 in. to 26-3/8 in.

Item No.	Description	Packaging
CWAL0006	H 25 – 32 in., 300 lb., Double, Single	each
CWAL0008T	H 32.5 – 39.5 in., 300 lb., Double, Single	each
CWAL0010B	H 33.5 – 43.25 in., 500 lb., Double, Double	each
CAWW3003	Replacement Walker Leg with PVC Tips	each

**Tip:** Replace walker legs or tips if there is wear and tear!

## ■ Canes, Offset Handle



Item No.	Description	Packaging
CNE0014	L 30 – 39 in., Weight capacity: 250 lb., Aluminum	each
CNE0020B	Heavy-Duty, L 19 – 38 in., Weight capacity: 500 lb., Steel	each
CNE0021	Weight capacity: 300 lb., 30 – 39 in. Quad, Aluminum, Black	4/case
CNE0022B	Weight capacity: 500 lb., 29.5 – 38.5 in. Quad, Heavy duty, Steel, Black	2/case
CAN20023Q	Cane tips, Quad, Black	100/case
CAN20024	Cane tips, Standard, Black (18 mm or ¾ in.)	100/case
CAN20023QB	Cane tips, Quad, Bariatric, Black	100/case

# Clothing and Footwear

**Hip protectors** are suggested for residents who are mobile but at a high risk of fractures.<sup>20</sup>

## ■ GeriHip® Hip Protector Brief

- Material: Nylon; Spandex; Cotton
- Reusable



Item No.	Description	Packaging
GERIHIPS	Max. 115 lb., 26 – 38 in. Hip, Small	each
GERIHIPM	Max.150 lb., 38 – 47 in. Hip, Medium	each
GERIHIFL	Max. 200 lb., 47 – 54 in. Hip, Large	each
GERIHIPXL	Max. 200 lb., 54 – 61in. Hip, XL	each

## ■ Therapeutic Hip Protector

- Promotes blood circulation and alleviates pain
- Provides proven protection from injury due to falls



Item No.	Description	Packaging
RWS041	Small/Medium 24 – 36 in. Waist	each
RWS042	Large/XL 40 – 49 in. Waist	each
RWS031	Unisex, Small/Medium	each
RWS032	Unisex, Large/XL	each

## ■ Kinship Skin Protection Sleeves

- Wider top welt
- Machine washable
- Latex-free



Item No.	Description	Packaging
GL30500	Arm, Small	pair
GL30600	Arm, Medium	pair
GL30700	Arm, Large	pair
GL30800	Arm, Extra Large	pair
GL40700	Leg, Small/Medium	pair
GL40800	Leg, Large/Extra Large	pair

## ■ Posey® Community Hipsters® Women's Brief, Pink, with Removable Pad

- Discreet low-profile pads
- Removable pad, washable



Item No.	Description	Packaging
5163-6030S	28 – 30 in. Waist, 35 – 37 in. Hip, Small, Pink	each
5163-6030M	30 – 34 in. Waist 37 – 41in. Hip, Medium, Pink	each
5163-6030L	34 – 38 in. Waist, 41 – 45 in. Hip, Large, Pink	each
5163-6030XL	38 – 42 in. Waist 45 – 49 in. Hip, XL, Pink	each

Systematic reviews showed a relative risk reduction in hip fractures of 18% (95% CI 0% to 33%) among older persons wearing hip protectors in institutional settings.<sup>20</sup>

## ■ Cardinal Health™ Resident Slipper Socks, Cotton Based



Item No.	Description	Packaging
68125-BLU	Medium, Blue	pair
68125-BRN	Bariatric, Brown	pair
68125-GRN	XXL, Green	pair
68125-GRY	XL, Gray	pair
68125-PUR	3XL, Purple	pair
68125-TAN	Large, Tan	pair
68125-R2XL	2XL, Red	pair
68125-RBAR	Bariatric, Red	pair
68125-RL	Large, Red	pair
68125-RM	Medium, Red	pair
68125-RXL	XL, Red	pair
68125-YLA	Large, Yellow	pair
68125-YM	Medium, Yellow	pair
68125-YXLA	XL, Yellow	pair

**Tip:** Socks can be used as an identifier for residents who are at high falls risk!



# Activity and Health Management – Exercise

The BEEACH model by Dr. Scott et al (2007) includes both activity and health management as intervention categories. Health management includes **medication, vision, bone health, nutrition, hydration and chronic disease management.**<sup>6</sup>

## ■ Bure Rise & Go StandTall Walker

- Can be used as a standing, mobility and walking aid
- Power rise function assists residents to stand and reduces work load for caregivers
- Open design allows for ample legroom



Item No.	Description	Packaging
TR-56-316	Bure Rise & Go Walker	each
TR-56-333STD	Transfer Plate	each
TR-56-384SMALL	Small belt for Rise & Go Walker	each
TR-56-384MED	Medium belt for Rise & Go Walker	each
TR-56-384LRG	Large belt for Rise & Go Walker	each
TR-56-384XLRG	Extra large belt for Rise & Go Walker	each
TR-56-388-KIT	Gail kit (one size fits all belt)	each

## ■ Bure Stand Tall Walker

- Walking aid for bariatric residents
- Stable platform for security and confidence
- Adjustable arm cushions and ergonomic hand holds allow for custom fit
- Open design allows for ample legroom



Item No.	Description	Packaging
TR-56-315	Bure XL Stand Tall Walker Weight capacity: 525 lb.	each
TR-56-333DB	Transfer Plate	each
TR-56-384SMALL	Small belt for Rise & Go Walker	each
TR-56-384MED	Medium belt for Rise & Go Walker	each
TR-56-384LRG	Large belt for Rise & Go Walker	each
TR-56-384XLRG	Extra large belt for Rise & Go Walker	each
TR-56-388-KIT	Gail kit (one size fits all belt)	each

## ■ Parallel Bar, Floor-Mounted

- Weight capacity: 400 lb.
- Heavy-duty, square, telescoping, steel uprights



Item No.	Description	Packaging
CL34010	L 10 ft. x H 26 in. to 39 in.	each

## ■ Pedal Exerciser, Chrome-Plated Steel

- Can be used on the floor for exercising legs or on the table for exercising arms and upper body
- Tubular frame, plastic pedals



Item No.	Description	Packaging
15E051	Pedal Exerciser, Chrome-Plated Steel	each

# Activity and Health Management – Exercise

## ■ Posey® Ergonomic Walking Belt

- Material: durable, heavy-duty cotton
- Rear tension adjustment



Item No.	Description	Packaging
5163-6534MED	Medium, W 5 in. x L 41 in., 33 – 38 in. Waist	each
5163-6534LGE	Large, W 5 in. x L 48 in., 36 – 45 in. Waist	each
5163-6534XL	XL, W 5 in. x L 55 in., 44 – 52 in. Waist	each

Exercise has been shown to **reduce the incidence of falls by 13%<sup>3</sup> to 40%<sup>4,5</sup>**

## ■ Posey® Gait Belt

- Nickel-plated, metal buckles
- Constructed of sturdy cotton



Item No.	Description	Packaging
5163-6524	White, Standard, up to 51 in. Waist	each
5163-6524L	White, Bariatric, up to 71 in. Waist	each

## ■ WorkSmart Transfer/Gait Belt

- Plastic clip buckle
- Fits waist sizes of 28 in. to 50 in.



Item No.	Description	Packaging
WSM002	WorkSmart Transfer/Gait Belt	each

# Activity and Health Management – Bone Health and Nutrition

Poor nutritional health is a modifiable risk factor for falls. Malnourished seniors are more likely to fall than well-nourished seniors.<sup>10</sup> **Resource® 2.0 MedPass Program Implementation Best Practice Toolkit** helps you improve nutrition care in your facility, which may help reduce the overall risk of falls.



## MedPASS with/avec **RESOURCE 2.0**

### Supplement Program

#### ■ Resource® 2.0 High Protein Nutrition Formula

- Provides a high amount of nutrition in a small volume
- Small volumes are easy to drink and will not affect appetite
- Used in hospitals and long-term care facilities as part of the Resource® 2.0 MedPass program
- 60 mL (2 oz.) of Resource® 2.0 4 times a day provides 480 calories and 20 g of protein



Item No.	Description	Packaging
NN12160666	237 mL, Tetra Brik® Pack, Vanilla Flavoured	27/case
NN12310986	946 mL, Tetra Brik® Pack, Vanilla Flavoured	12/case

For more information contact your local Nestlé representative at 1.800.565.1871

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In collaboration with



# Activity and Health Management – Blood Pressure Monitoring

As hypotension has been associated with falls, the Centre for Effective Practice in Canada recommends that each home **individualize residents' blood pressure targets based on their personalized goals of care, functional status, and life expectancy.**<sup>5</sup>

## ■ Welch Allyn® Connex® Spot Monitor 7000 Series

- Braun ThermoScan® PRO 6000 Ear Thermometer or SureTemp® Plus Thermometer
- Non-Invasive Blood Pressure Monitor
- Pulse Rate and MAP
- Wired or WiFi connectivity
- BP averaging to help ensure accurate hypertension diagnosis
- SureBP™ technology can provide BP in only 15 seconds
- Nonin® SpO2, Covidien SpO2 or Masimo® SpO2
- Add to integrated wall system for complete resident exam workflow
- Warranty: 2 year



Item No.	Description	Packaging
WA-7000-APM	Power Management Stand	each
WA-7000-MS3	Classic Mobile Stand	each
WA-7000-MWS	Mobile Work Stand	each

Item No.	Description	Packaging
WA-71WE-B	7100 with Nonin® SpO2, Braun ThermoScan® PRO 6000	each
WA-71WT-B	7100 with Nonin® SPO2, SureTemp® Plus	each
WA-74CT-B	7400 with Covidien SpO2, SureTemp® Plus, Upgradable to WiFi	each
WA-74MT-B	7400 with Masimo® SpO2, SureTemp® Plus, Upgradable to WiFi	each
WA-74CE-B	7400 with Covidien SpO2, Braun ThermoScan® PRO 6000, Upgradable to WiFi	each
WA-74ME-B	7400 with Masimo® SpO2, Braun ThermoScan® PRO 6000, Upgradable to WiFi	each
WA-75CE-B	7500 with Covidien SpO2, Braun ThermoScan® PRO 6000, Wifi connectivity	each
WA-75CT-B	7500 with Covidien SpO2, SureTemp® Plus, Wifi connectivity	each
WA-75ME-B	7500 with Masimo® SpO2, Braun ThermoScan® PRO 6000, Wifi connectivity	each
WA-75MT-B	7500 with Masimo® SpO2, SureTemp® Plus, Wifi connectivity	each

## ■ Welch Allyn® Connex® ProBP™ 3400 Blood Pressure Device, Digital, with SureBP™

- SureBP™ enables fast 15-second blood pressure readings
- USB-wired technology
- Lithium ion battery technology
- Pulse rate and MAP (mean arterial pressure)



Item No.	Description	Packaging
CL34010	L 10 ft. x H 26 in. to 39 in.	each

For other models of blood pressure monitors, please refer to **our Long Term Care and Retirement Catalogue pg. 16 – 17** or visit [shop.cardinalhealth.ca](http://shop.cardinalhealth.ca)



# Activity and Health Management – Bladder and Bowel Continence Urgency

Bowel/bladder incontinence and urgency are intrinsic risk factors for falls and may be modifiable if they are proactively managed by the care team.<sup>5</sup>

## ■ TENA® Identifi

An innovative technology to support continence care planning

TENA® Identifi electronically tracks voiding patterns over 72 hrs and graphically converts the data into actionable, evidence-based reports to help you effectively optimize continence care.

### TENA® Identifi helps support resident-centered care

- Helps care staff develop individualized toileting schedules using real time voiding data for more effective, evidence-based continence management
- Provides insights into when a resident is likely to need the toilet, which could help care staff to reduce the risk of falls at that time — especially at night
- Estimates urine volume to help with absorbent product requirements and optimizes resident comfort and dryness

**To learn more about this program, contact your Cardinal Health Canada or TENA sales representative.**



Item No.	Description	Packaging
60013	TENA® Identifi Sensor Wear, size medium/regular	24/case
60014	TENA® Identifi Sensor Wear, Size large/extra large	24/case

# Clinical Education

## Transfer Knowledge Into Action!

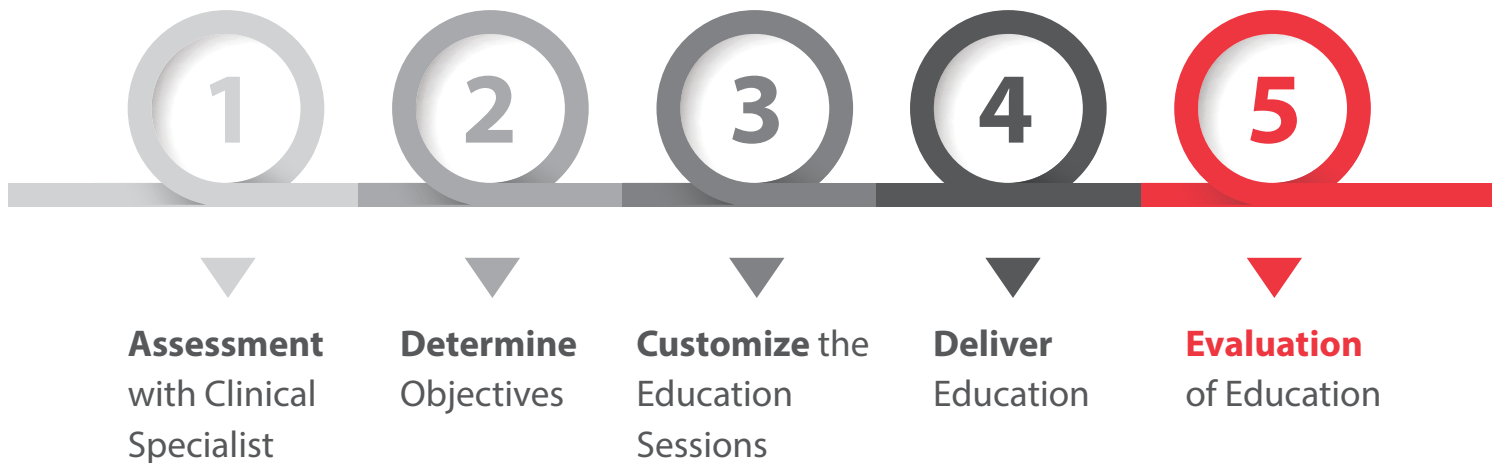
SAFE is a program that works to ensure staff are aware of the information and resources available, and to facilitate their use of available resources to make improvements.

### ■ SAFE includes four modules of educational sessions with the following key learning areas:

- Defining Falls
- Facts about Falls
- Why Falls Prevention and Management are Necessary
- Quality Indicators
- Implementation of a Falls Program
- Identifying Risk
- Interventions
- Root Cause / Post-Fall Analysis
- Safe Resident Transfer

Educational modules can be delivered individually or as a group.

Clinical Specialists can assist with determining the best approach through a needs assessment. This will ensure that the education is problem-solving and that the approach refers to the areas in which employees are having difficulty.



SAFE provides educational materials that are evidence-based. The materials are drawn from national, provincial, and regional sources in an attempt to provide the most current information available. SAFE also aligns with RNAO recommendations.

**~ 30 minutes/session of in-person education**  
Contact your sales representative for more details!

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*Essential to care™*