



*Healthiest people
Healthiest communities
Exceptional service*

DID YOU KNOW?

Each year approximately 50% of LTC residents fall at least once - 1% to 2% of these falls will result in hip fractures.

One approach to prevention of hip fractures is the use of **Hip Protectors**.

The use of hip protectors by those who are at high risk of falls related to injury is one of the recommendations from the Safer Healthcare Now - Reducing Falls and Injuries from Falls.

A recent review by the Canadian Agency for Drugs and Technologies in Health (CADTH) showed that hip protectors are effective at reducing the risk of hip fractures in LTC facility residents.

- Hip protectors are designed to be worn like underwear to protect the hip bones from the impact of a sideways fall.
- The soft hip protectors utilize their compressible material to absorb the energy of the fall.
- They are designed to be worn over incontinence briefs if necessary and are washable.

Hip protectors help to prevent hip fractures by 90% when used appropriately.