The Falls Notebook consists of the following items:

- **Instructions**: Overview of a falls prevention program
- **Background**: Background on falls and falls prevention
- **Falls Team**: A guide to developing a multi-disciplinary falls team
- **Falls Policy**: A guide to developing a falls policy
- **Interventions**: Interventions to reduce fall risk and injuries from falls
- **Resources**: Annotated references on key topics relating to falls
- **Floor Mat Guide**: A resource and implementation guide
- **Video 1, 2, 3**: guides to the accompanying videos

Media resources are available:

Posters for patients, families and staff
Designs of sample pins for identifying falls advocates or other key resources
Three videos:

- **Video 1**: Performing a Balance Assessment
- **Video 2**: Hip Protectors in an Inpatient Setting
- **Video 3**: Protecting Your Hips with Hip Protectors