

Together, Let's Prevent Falls

Safety is everyone's responsibility- Your safety is very important to us. We want to partner with you and your family to ensure a safe hospital stay, which includes reducing the risk of falls. People may fall for reasons such as wearing improper footwear, having general weakness, problems with thinking or memory loss, medication side effects or moving around in an unfamiliar environment. People who have had a fall are at higher risk for falling again, so let us know if you have had a fall in the last 3 months.

If a fall should occur during your hospital stay, please immediately notify your nurse.

Things to have with you in hospital:

- Well-fitting, flat shoes or slippers with non-slip soles, closed toes and closed heels
- Walking aids such as a cane or walker that you are using at home
- Eye glasses and hearing aids if needed

Important Tips and Reminders

- **Tell your healthcare provider** if you are feeling weak or dizzy. Always take your time getting up from bed or a chair. Sit for a few minutes until you feel ready to stand. If you feel dizzy, stop and sit down immediately, then ring your healthcare provider call bell for help.
- **Call for assistance** when you need to use the bathroom by ringing your call bell and wait for help to arrive
- If you use a cane, walker or wheelchair, keep these **devices within reach** of your bed or chair
- **Turn on a light** when you are getting up
- Keep your room and floor **free of clutter**
- It is important to let us know **all medications** you are taking at home

For Family Members and Visitors

- Please adhere to the falls safety plan that has been specifically designed for your family member
- Bring in hearing aids, glasses and appropriate footwear
- Reinforce the need for your family member to ask their nurse for assistance when getting up by ringing the call bell and wait for assistance
- Before you leave the room, please make sure the call bell, phone, bedside table and other important belongings are within reach of your family member
- Notify the nurse before leaving your family member, so appropriate safety measures can be taken if necessary
- Do not leave a family member unattended in the bathroom or on a commode at any time