

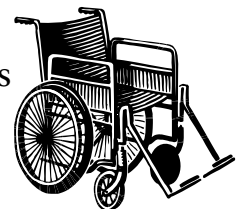


Information for You from Your Health Care Team

Prevent Falls in the Hospital

Your safety is important to us. You may feel weak or unsteady on your feet due to illness, injury or medicines. Getting around in an unfamiliar place like the hospital may put you at risk for falling. Here are some things you and your family can do to help prevent a fall while in the hospital:

- Tell your doctor or nurse if you have fallen before or if you feel weak, dizzy or unsteady.
- If the doctor or nurse has asked you to call for help before getting up, please follow their direction. Make sure you get help.
- Make sure you can reach your call button, telephone and other personal items that you might need. If these items are out of your reach, ask someone to move them so you can reach them.
- Ask the nurse to be sure that your bed is in the lowest position and the wheels are locked.
- If you are allowed to get out of bed on your own, make sure there is enough light to see where you are going.
- Please use any assistive devices you may need, such as glasses, a walker, cane, wheelchair or brace.
- When moving to and from a wheelchair, make sure the wheels are locked and the footrests are out of the way.



- Always wear non-slip footwear when out of bed, such as non-slip slippers or sturdy, properly fitting shoes.
- Do not try to walk on a wet floor; wait a few minutes for it to dry.
- Take special care if you must walk with equipment such as an IV pole.
- Your family or friends may not be the best people to help you get out of bed and move around. You might be very weak or need special help to get up. Check with the nursing staff before asking a visitor for help.
- Certain medicines may make you may feel light-headed or dizzy when you get up. Ask for help if you feel this way.



If we believe you may have a high risk of falling, we may use extra safety measures that include:

- Assigning you to a room closer to the nurses' station so the staff may check on you more closely
- Putting the side rails up when you are in bed
- Using a bed or chair alarm
- Placing an orange bracelet on your arm that will tell staff that you are at risk for falling

Please **Speak Up** if you see a situation that could result in a fall by you or someone else. By watching out for things that could cause a fall and using the right safety strategies, we can all work together to keep you safe during your hospital stay.

Help us make University Hospital a **NO FALL ZONE**.

