

# 10 Tips to Help Keep You From Falling in the Hospital

Certain medicines, general weakness and new surroundings during your hospital stay can increase your risk of falling.

## Tips to Prevent Falls

1. Some medicines may cause you to feel dizzy or sleepy. Take your time getting out of the bed or chair. Sit at the edge of the bed for a few seconds before you get up.
2. Ask a member of the nursing staff for help to and from the bathroom. For your safety, the staff member may stay with you in the bathroom.
3. If you are unsteady or weak, ask for help.
4. If you take medicines that cause you to go to the bathroom often, ask for help when you need to get up.
5. Do not walk with blankets wrapped around your shoulders or other clothing dragging on the floor.
6. Wear nonslip footwear or slippers when you are up. Wear your eyeglasses, hearing aid(s) or both when you are awake.
7. Walkers and canes can provide support. Other items do not. Do not lean on the bedside table, furniture, equipment or other items to steady yourself.
8. Ask a member of your health care team to place items within your reach before leaving the room.
9. Tell a member of the nursing staff if you have any concerns about your safety.
10. Staff members check on all patients often during the day. If you need help, wait and ask for help. It is better to wait than to fall and possibly get injured.

## For Care Circle Members

The nurse identifies patients who may be at risk for falling with red slippers, special signs or both.

Speak up about safety concerns to the nurses. This includes information about the risk of falling or a recent history of a fall.

Safety and comfort are important to the health care team. You can also help. Please read these tips so you can remind your family member or friend of the 10 tips to prevent falls.

You can also:

- Make sure items are within easy reach of the person before you leave the room.
- Tell the nurse if the person is weak or lightheaded.
- Consider staying if the person is confused or at a high risk of falling.
- Tell the nurse before leaving if the person is confused.
- Remind the person to ask the nurse for help when getting up.

Talk with a member of your health care team if you have questions.