

Preventing Falls in the Hospital

Know when to ask for help

You will do more and more walking as your health improves. To avoid falling and hurting yourself, please follow these guidelines.

- Wear shoes or non-skid slippers every time you get out of bed.
- Call your nurse if you feel dizzy, weak or lightheaded. Don't get up by yourself.
- Ask for help to go to the bathroom. Make sure the path to the bathroom is clear.
- Use only unmoving objects to help steady yourself. Don't use your IV pole, tray table, wheelchair or other objects that can move.
- Use the handrails in the bathroom and hallway.
- If you wear glasses or hearing aids, use them.
- Keep important items within reach. This includes your call button or call bell.

