

Hospital Falls Prevention Tips



Patients

- ✓ Wear flat shoes or non-slip slippers that fit well.
- ✓ Always use the same walking aids that you use at home and as advised.
- ✓ Bring your glasses and hearing aids with you.



Family Members & Visitors

- ✓ Remind your loved one to ask a staff member for help when getting up and to wait for assistance.
- ✓ Let a staff member know before you leave, so appropriate safety measures can be taken, if necessary.



Together, Let's Prevent Falls

People who have had a fall are at greater risk for falling again. Let your healthcare team know if you've fallen in the last three months.

**Call – don't fall. Your safety is important to us.
Call us for assistance whenever you need to get up.**

