

# Falls Prevention (Staying safe)

Information for patients, carers and relatives



**Falls** may happen in hospital due to feeling unwell, dizzy, drowsy, new surroundings, new walking aids.



**Nurse Call** press your nurse call bell if you need anything. Staff are happy to assist or answer questions.



**Mobility** keep mobility aids to hand at all times and if you do not have your mobility aid with you, inform a member of staff



**Deconditioning** we encourage all our patients to “Get Up Get Dressed and Keep Moving” whilst in hospital as much as they are able.



**Medications** can make you feel light headed or dizzy tell staff if you feel light headed or different after taking medications.



**Nutrition and hydration** it is important to eat a balanced diet, staying hydrated can help minimise constipation, urine infections, headaches, confusion and falls.



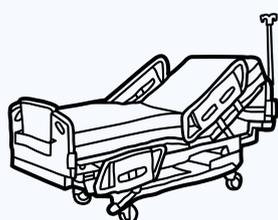
**Sensor mats** placed under your mattress and on your chair to try and keep you safe.



**Footwear** always wear well fitting shoes or slippers when mobilising, we can provide grippy socks if you do not have any with you.



**Glasses /Hearing Aids** let staff know if you wear glasses or hearing aids even if you do not have them with you.



**Bed Rails** also known as side rails or cot sides, form part of nursing assessments please speak to your nurse regarding safe use.



**Bed Height** when seated on the bed, both feet should be placed flat on the ground.