



# Together we can prevent falls

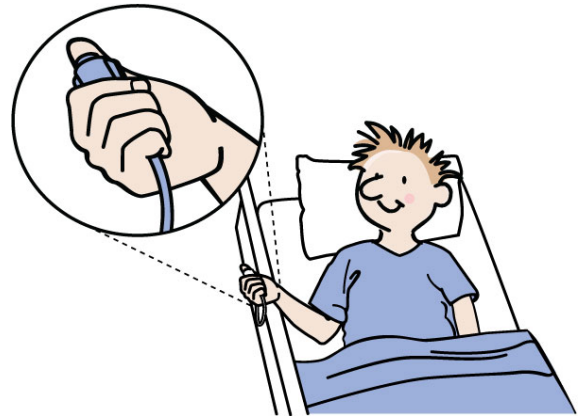
UHN



**We take safety seriously.  
Help keep our unit free of falls.**

## Ask for help getting up if you:

- feel weak, dizzy or sick
- feel pain
- feel your heart is racing
- feel you need help



**Use your call bell or speak to a nurse.**

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## Tips to protect you from falls:

- If you need a walker or wheelchair, use it.



- If you are connected to any IV lines, tubes, or catheters, be very careful. Ask for help.



- Keep important items within your reach.



- Do not lean on tray tables, bedside tables, or any furniture with wheels.



- Keep your room free of obstacles.



- If you see a spill, tell your nurse.



- Wear non-skid footwear.



- Make sure you have lots of light before moving.

