

# Protecting Yourself from Falls in the Hospital



UHN

While you are a patient at UHN, we will use the safety measures below to help protect you from falling.

- Help you know your room, bathroom and the patient care/nursing unit
- Make sure the call bell works and that you can reach it
- Put your personal items and drinks within your reach
- Put equipment for toileting such as a bedpan, urinal or commode within reach
- Make sure you have your eyeglasses, hearing aids, walker/cane within your reach
- Keep your tray table and telephone within your reach
- Put the bed in lowest position with the brakes locked
- Ensure that the bed adjustment device (usually a button on the side of the bed rail for putting the head of the bed up and down) is within your reach
- Make sure the pull cord for your light is within reach and that you have enough light
- Clean up spills immediately
- Remove obstacles from your path to the washroom, doorways and hallways
- Check in on you often
- Help you manage your pain if you have any
- Check your medications to see if they put you at risk for a fall

## How you can help:

- Wear non-skid footwear
- Call for help if you feel weak or dizzy, for example when:
  - getting out of your bed or chair
  - getting into your bed or chair
  - walking in the hallway
- Do not lean on equipment for support. Most hospital equipment is on wheels.
- Let us know if we have missed something and how we can assist you to protect you from falling.

*Working together, we can help prevent falls!*

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**Created: 04/2004**

**Form: D-5119 (06/2010)**



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