

You are at Risk for Falling: Help Us Keep You Safe

You are at risk for falling. This sheet explains:

- What we are doing to lower your risk for falling
- What you can do to lower your risk for falling

Why am I at Risk for Falling?

All patients in the hospital have some risk for falls. Even if you do not feel any different than normal, you are still at risk.

These are some things that may put you at risk:

- Recent falls
- Older age
- Vision problems
- Depression or anxiety
- Addiction
- Problems with:
 - Memory
 - How well you are thinking
- How well you are walking on your own
- Dizziness
- Weakness
- Bowel or bladder problems
 - Needing to use the restroom a lot
 - Not being able to control bowel or bladder
- Stomach problems
 - Upset stomach
 - Vomiting (throwing up)
- Some medicines
- Not eating for more than 24 hours (1 day)
- Other health problems, such as low blood sugar

What Could Happen if I Fall?

If you fall, it could:

- Take longer for you to heal from your current health problems
- Take longer for you to get back to your normal activities
- Injure you badly (such as a broken hip or bleeding in your brain)

What Can I Do to Keep Myself Safe?

Call for help every time you need to get up and wait for the help to arrive. Call for help:

- Even for short trips, including going to the bedside toilet or bathroom
- When you need to get items in your room but you cannot reach them from your bed

The staff wants to help you stay safe. Use your nurse call button to ask for help then wait for help before getting up.

What Items in My Room Can Help Keep Me From Falling?

As your risk for falling goes up, we will put items in place to keep you safe. Here are some of the things you might see in your room:

1. Non-slip socks can keep you from slipping on the floor. Always wear these when you are out of your bed.



2. Yellow arm bands and fall signs on the wall are reminders to you and to hospital staff that you are at risk for falls. Please leave your arm band on so we can take care of you.



3. If you forget to use your call button to ask for help getting up, a fall alarm will sound when your feet touch the floor. Please stay where you are, and someone will come help you get up at that time.



4. Fall mats are put on the floor to make the floor softer. If you do fall, the mat can lessen your injuries. Please leave these in place. Remember, if your feet touch the mat, a staff person should be there to help you.



What Else Should I Know?

F	Falls cause death more often than any other injury. Falls in the hospital are serious. Nurses will assess your fall risk often while you are here.
A	Allow staff to stay with you when you are going to the bathroom. It helps keeps you safe. Most falls happen when people are using the bathroom.
L	Let staff know when you need to get out of bed. You may not look or feel sick, but you can still be at high risk for falls.
L	Leave your bed as low to the ground as possible for safety.
S	Side rails, bed alarms, fall mats, positioning belts, and other fall devices are there for your safety.

Remember

You are at risk for falling.

We want to keep you safe. We can do that better if you partner with us.

You can help by keeping your safety gear (socks, arm bands, alarms, mats) in place and by calling us when you need to get up.

Thank you for helping us keep you safe.