

Prevent Falls

Falling can result in serious injury, but most falls are preventable. You are at greater risk of falling when you are feeling unwell or are in unfamiliar surroundings. Reducing falls is everyone's responsibility: patients, family, friends and all health care staff.

To Reduce Your Risks of Falling:

- Look around, slow down, hold onto something, ask for assistance, and be cautious.
- Tell staff if you are unsteady on your feet or if you have ever fallen.
- Use supports when getting up such as a cane, walker or crutches. If you need help, ask, don't take a chance.
- Take your time, especially when getting out of bed or a chair.
- If you are asked to wait for assistance before getting out of bed, or standing, please listen. Do ask for assistance; don't risk falling.
- Report spills right away. Wet floors can cause accidents. Tell a staff member if the floor in your area is wet, and use caution if you see a "wet floor" sign.
- Avoid wearing clothing that is too loose or too long.
- Wear footwear that fits well and has good traction. Indoor shoes with a low heel and rubber soles are best.

