Preventing Falls in the Hospital

Keeping you safe while you are here for care is our biggest goal. We want to work with you and your family to help prevent falls. You may have tests, medicines, and treatments that increase your chance of falling. **We will tell you what activities are safe for you to do on your own based on your fall risk.**

To prevent falls, please:

- **Call before you get up out of your bed or chair,** especially if you have been told you are at risk for falls or if you feel weak, light-headed, or dizzy. Being in bed for even one day or taking new medicines may cause you to feel dizzy or weak.

- **Do not rest against the side rails of your bed.** You may slip between the rails and the mattress or get caught in the rails. We will leave one side rail down on your bed unless there is concern for your safety.

- **Sit at the side of the bed and wait to see how you feel before you stand up.**

- **If you need help to walk, call us.** Never lean on or use an IV pole for support when you are walking.

- **Wear nonskid slippers, socks, or shoes.** It is best to wear shoes or slippers that fit well and stay securely on your feet. Ask for a pair of nonskid socks if you need something to wear.

- If you wear eyeglasses, continue to use them while in the hospital.

- Ask someone to unplug and plug in your IV pump. Bending over can cause you to feel dizzy.

- When possible, avoid wearing long nightgowns or robes. These may cause you to trip.

- Go to the bathroom often, so you do not need to rush. Call for staff to help you as needed.

To prevent falls, we will:

- Help you in and out of your bed and chair and to walk as needed to keep you safe.

- Make sure that your call light, bedside table, telephone, and any assistive device you need are within easy reach.

- Keep your bed in a low position with wheels locked for your safety.

- Keep the floor in your room free of spills or slippery areas. Please let us know if you see a spill before we do.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.

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