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. Here is what you can do to help prevent falls:

• We will make sure that your call light, bedside table, telephone and any assistive device you need are within easy reach.

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

• We will keep your bed in low position with wheels locked for your safety. We will keep the floor in your room free of spills or slippery areas. Please let us know if you see a spill before we do.

• One side rail will be left down on your bed unless there is concern for your safety. Please 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.

• Your nurse or doctor will tell you what activities are safe for you to do on your own.

• **Call before you get out of bed** if you feel weak, lightheaded or dizzy. Being in bed for even one day or taking new medicines may cause you to feel dizzy or weak.

• 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.

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• Please 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.
• 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.
• Regular toileting may prevent you from rushing to the bathroom. Call for staff to help you as needed.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.