

General Hospital Safety

You are at the hospital for one purpose – to get well – and to do it as quickly as possible.

While you are in the hospital there are some general safety precautions you can take to ensure a short and safe stay.

First, be an active member of your own care team. Follow any instructions given to you by your healthcare providers.

If you have questions about any instructions or the equipment in your room, ask your healthcare provider. Make sure you know how to call the nurse if you need help.

Make sure you and your family members know how to adjust the bed so you can be comfortable.

To avoid developing pressure injuries, try to change positions at least every two hours.

If you need assistance with this, ask a nurse to help. If you feel any soreness or tenderness on areas like your heels or elbows, tell the hospital staff so they can help you reposition more often.

It is also a good idea to review the food you are served as well. Check your meal tray before you eat to make sure you haven't been served anything you are allergic to and that it follows any diet restrictions you may have.

As you recover you may find it difficult to get in and out of bed or take a walk. Avoid falls by asking someone to help you or, if you feel you can do it on your own, ask about ways to make getting from place to place easier for you.

Wear shoes or socks with treads so your feet can grip the floor giving you added support. When walking, use the handrails in the hallways to avoid slips and falls.

Germs can spread very easily anywhere, including in the hospital.

One simple way to avoid the spread of germs is to have both staff and visitors wash their hands when they enter your room. Don't be afraid to remind them too, it's your health.

And if you know a family member or friend would like to visit but has a cold, scratchy throat or other type of illness, ask them to stay at home.

You and your family may need to follow additional instructions if you have an infection or your immunity is low.

When you are in the hospital, take some general safety precautions to stay safe.

Remember to follow your healthcare provider's instructions, ask about the equipment in your room, review your meal tray, ask for help to avoid falls, and remind visitors and staff to wash their hands to prevent the spread of infection.

These simple steps can go a long way to avoiding complications while you are in the hospital.