

How to Prevent Falls in the Hospital

In the hospital, falling can be a hazard to your health and recovery. Fall prevention is key.

Use your call button to ask for help when walking from your bed to the bathroom. Call don't fall!

To get out of bed, lower your bed as far as possible so it is closest to the floor.

Use the handrails in the bathroom and hallways to keep you steady.

Use a movement device, like a walker, if instructed.

Always wear non-skid slippers or socks.

IV poles, catheters and other medical equipment can also increase your risk of tripping.

It's important to reduce your risk for falling. Ask your nurse what more you can do to prevent falls in the hospital.