

Fall Prevention for Younger Patients

Now, a Health Minute.

Falls can happen at any age. So it's important to do everything you can to reduce your risk of falling. Falls can cause minor scrapes and bruises, but also more serious injuries including fractures, concussions and head injuries.

Here's what you can do to prevent falls in the hospital. Call for help when you need to get up or go to the bathroom, wear non-skid footwear such as rubber-soled slippers or non-skid socks, and keep your room free of clutter.

No matter what your age or physical ability, remember to follow your hospital's fall prevention plan to stay safe.