

The Do's and Don'ts of Fall Prevention in Younger Patients

No matter your age or physical abilities, everyone is at risk for falls while in the hospital. And falls can cause serious injury that may keep you in the hospital longer. Follow this checklist to reduce your risk of falling while in the hospital.

Do: Ask for help before you get up. Ask a nurse or other hospital staff each time you get up - even if it's just to go to the bathroom. **Do:** Wear non-skid hospital socks at all times. **Do:** Keep all of your items within easy reach so you don't fall when trying to grab something off your tray table. **Do:** Stay physically active. When you are told you can do so, use support devices to get up and walk the hallways safely.

Do not: Ask a family member or friend to help you move around. They are not trained to help you out of bed and although trying to help, can cause a fall. **Do not:** Use IV poles or other devices as a prop to help you get out of bed or walk around. They are not designed to support your weight. **Do Not:** Assume that because you are young or fit that you won't fall. You may be taking new medications, have just had a procedure or are in a weakened state and may be at risk to fall.

Anyone can fall. While in the hospital take each step safely to prevent injury from falling. Follow this checklist to reduce your risk of falling.