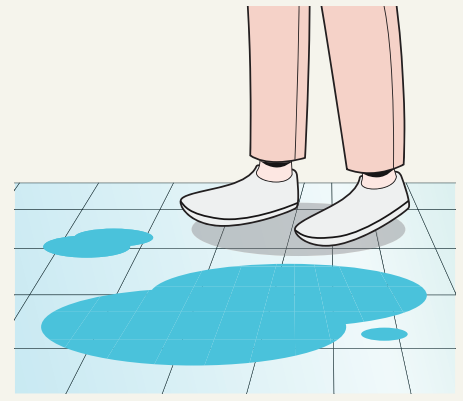


# Fall Prevention Tips in Hospital



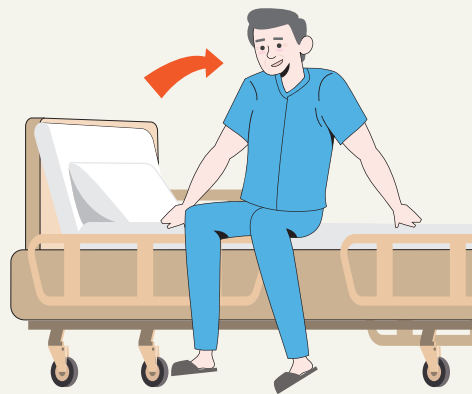
*Be careful of wet floors  
and inform a nurse.*



*Use a chair when showering.  
Press the call bell if you  
do not feel well.*



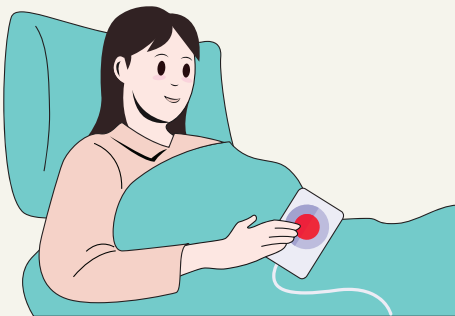
*Ask for help if you are  
feeling giddy or unwell.*



*Take it easy and go slow when  
getting up from a bed or chair.*



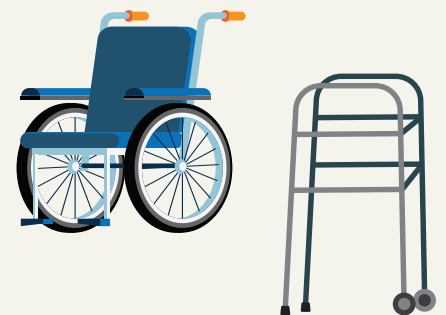
*Practise some bed exercises  
when resting in bed.*



*Press bell for help if you  
need to leave the bed.*



*Wear non-slip and well-fitted  
footwear. Do not walk  
with only socks on.*



*Use proper walking aid or  
ask for a wheelchair  
if needed.*

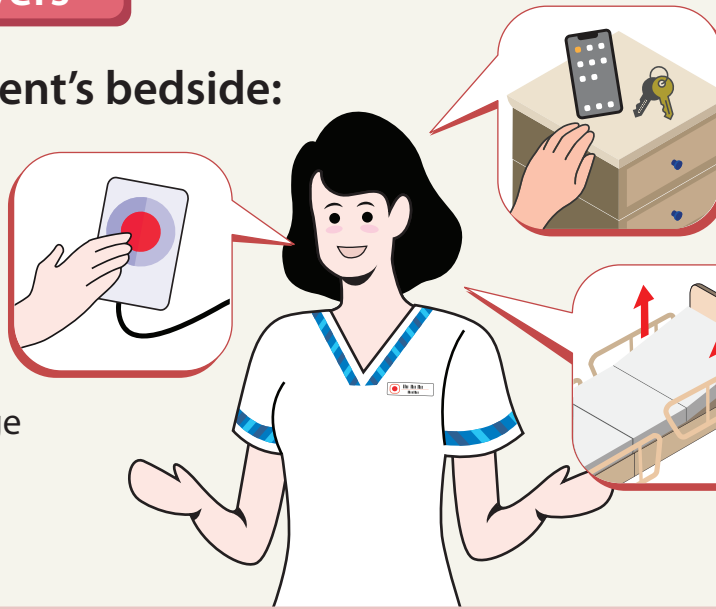
# Notes for Caregivers

## Before leaving patient's bedside:

Make sure call bell is within patient's reach.

Remind patient to call for assistance when necessary.

Inform the nurse in-charge that you are leaving.



Check that patient's possessions are within his/her reach.

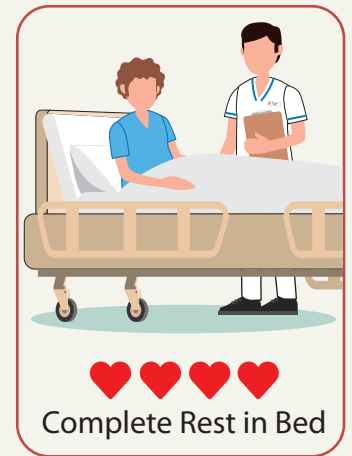
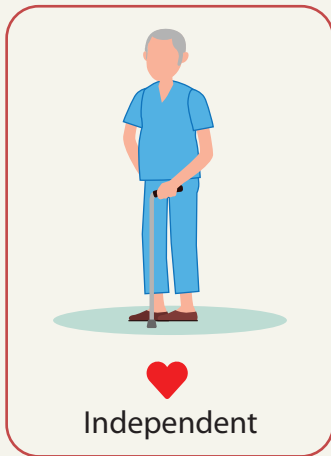
Ensure bed sides are raised.

### Important!!

Patients who are given the green wrist tag (fall risk group) must wear the tag at all times.

**RISK FALL**

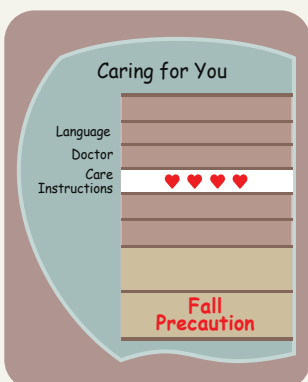
## Patient's Mobility Status Indicator



The number of hearts is an indicator of the number of assistants needed for patients to walk. The indicator will also help healthcare professionals identify the required assistance quickly.

## Fall Precaution Signage

Information on patient's fall risk status is located at the patient's bedside



### Moderate Fall Risk:

Patients are to walk with caution and call for assistance if they do not feel confident or well enough to walk on their own.



### High Fall Risk:

Patients need to call the nurse if they need to leave the bed. Caregivers are encouraged to stay with the patients.

Watch 'Preventing Falls' video online

