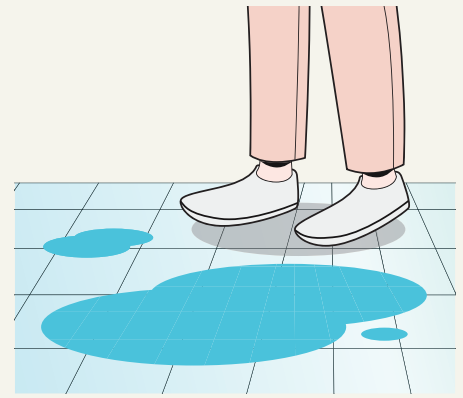


Fall Prevention Tips in Hospital



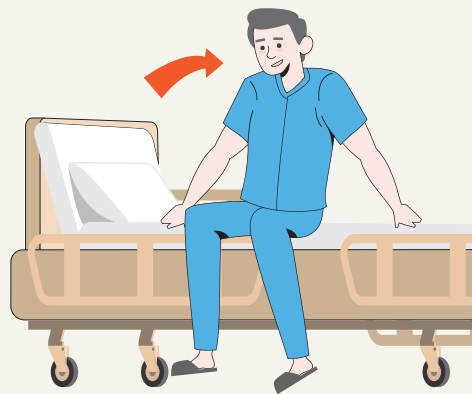
*Be careful of wet floors
and inform a nurse.*



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



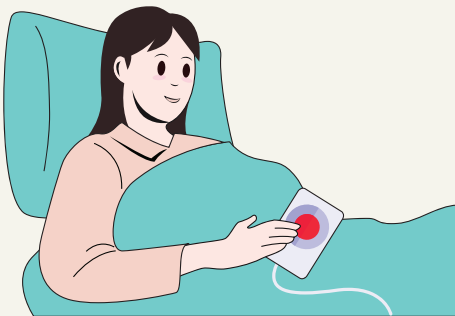
*Ask for help if you are
feeling giddy or unwell.*



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



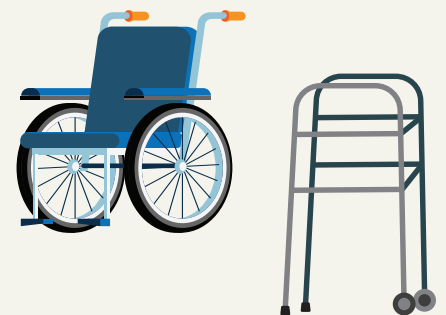
*Practise some bed exercises
when resting in bed.*



*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.*

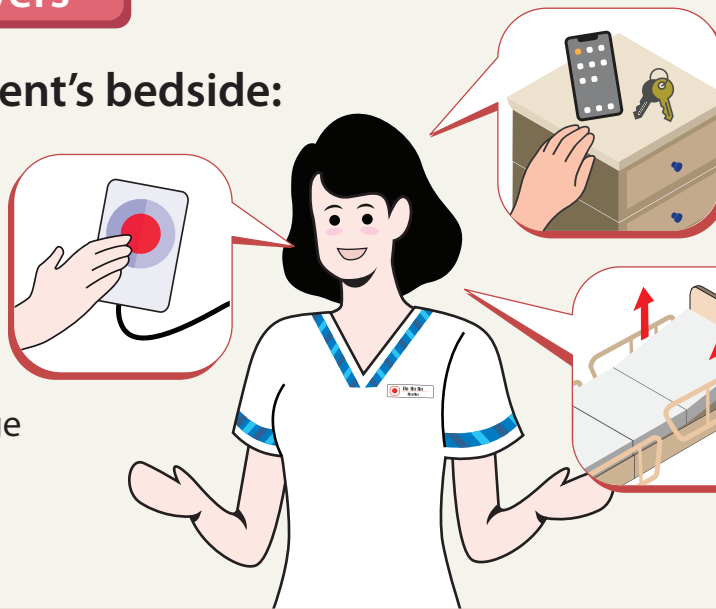
Notes for Caregivers

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.

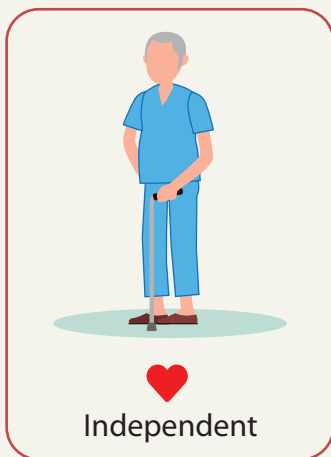
Ensure bed sides are raised.

Important!!

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

RISK FALL

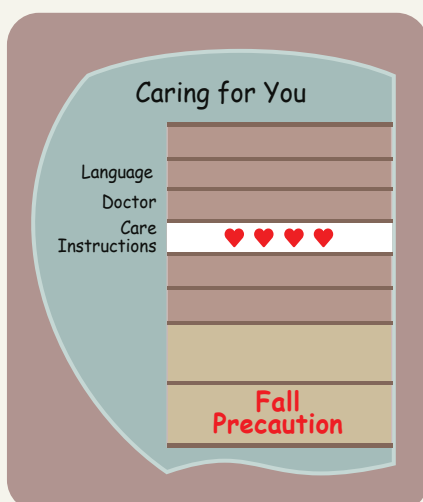
Patient's Mobility Status Indicator



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.