

# Staying Safe, Preventing Falls

Information for patients,  
carers and relatives



If you need help to read this leaflet please ask a member of staff.

## Preventing falls

Despite all our actions to avoid it you may still fall whilst in hospital. The chance of you or your relative falling can be reduced if you take the following steps.

### STEP 1 - Tell the nurses if you have fallen before.

- A nurse will assess your risk of falls and a plan of care will be devised to minimise the risk of you having further falls. This plan of care may include hourly checks.

### STEP 2 - Always wear your slippers or shoes when walking. It is important that these fit properly. A low heel is recommended.



*Slipper socks*



*Wear appropriate footwear*

- Where possible your own footwear should be worn. If this is not possible tell the nursing staff and you may be provided with slipper socks or the most appropriate footwear.

- Avoid backless slippers and slip on shoes



### STEP 3 - Wear your glasses

If you wear glasses for distance (watching television, walking about and so on), keep them clean and always keep them on when you are walking on the ward.



### STEP 4 - Only use the walking aid issued to you.



### STEP 5 - Call and avoid a fall.



- Make sure the nurse puts the call bell where you can reach it and they show you how to use it.
- **Ring the call bell** to alert staff if you feel unsteady, or unable to walk alone, or if you need any other help. Staff will attend to you as soon as possible.

## Step 6 - Take care not to leave items on the floor around your bed.



## Step 7 - Don't sit for long periods

Reduced activity is common during hospitalisation but it can slow down your recovery. Wherever possible, sit up, get dressed - ask family or a friend to bring in day clothes and shoes for you and not just pyjamas - and keep moving so you can get well and get home.

Please help us to keep you as safe as possible.



## What did you think of your care?

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*Your views matter*

