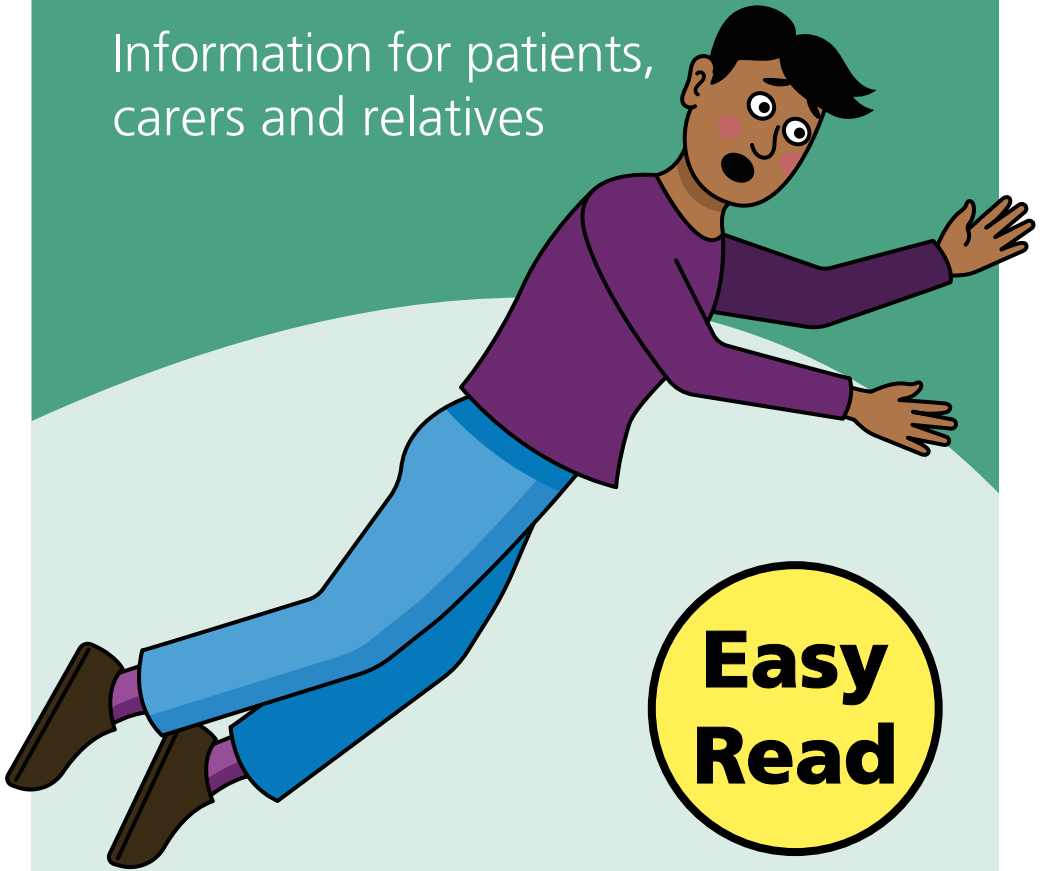


Staying safe, preventing falls

Information for patients,
carers and relatives



**Easy
Read**

easy read



This booklet uses easy words and pictures.

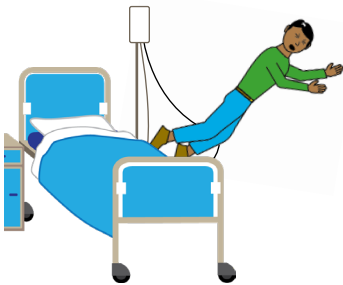
You might want to ask someone to help you read it.

hospital



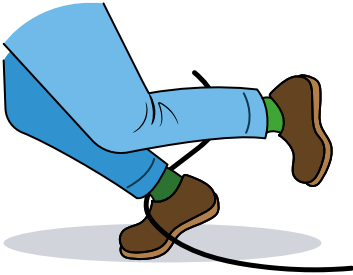
When you come into hospital.

tripping or falling



We know you might be at more risk of tripping or falling over.

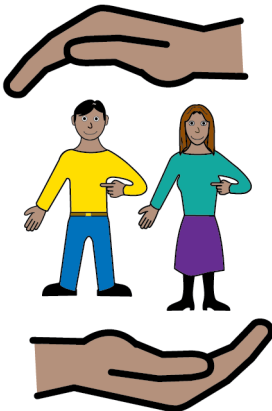
trip over wire



poorly



safe



This is because there might be more things (hazards) in the way, like cables or equipment.

Or because you are poorly.

We want to keep you safe.

tell your nurse



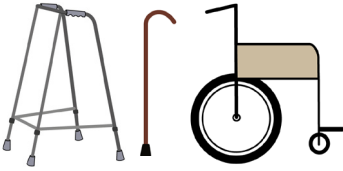
glasses



Please follow these rules:

1. Tell your nurse if you have fallen before.
2. Always wear well fitting shoes, full slippers with rubber soles or we can provide grippy socks.
3. Always wear your glasses if you need them.

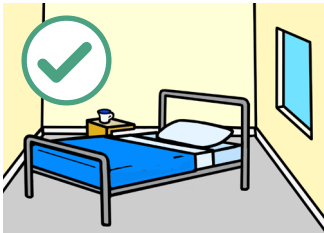
walking aids



call for help



area clear

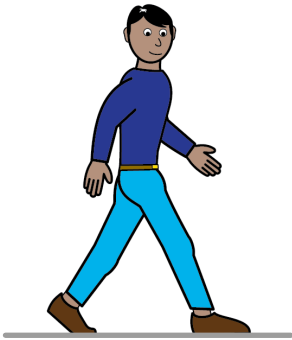


4. If you need a walking aid, only use the ones given to you by a health professional.

5. Always call for help if you feel unsteady.

6. Keep the area clear.

walking



ask for help



assessment



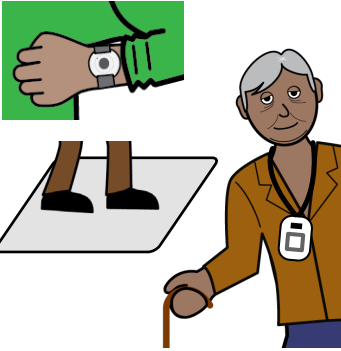
7. Try to get up and walk every so often. Do regular short bits of exercise.

Do not sit for long periods.

8. Please ask for help with walking if you need it.

If you do fall your doctors and nurses will assess you.

fall detector



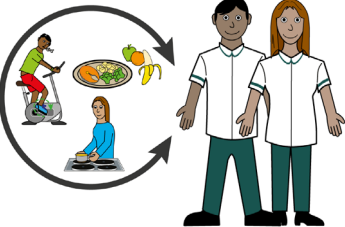
They will give you an alarm or sensor to keep you safe.

physiotherapy



They might refer you to a physiotherapist.

occupational therapist



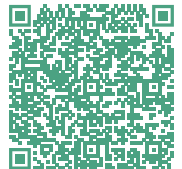
Or an occupational therapist to see how they can help.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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