



Patient Care Reinvented.

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Tips to Prevent Falls (Outpatient Areas)



IN THE HOSPITAL

To help keep you safe while in the hospital, staff will ask you 2 questions:

1. Do you have any history of falling within the last 6 months?
2. Do you use any assistive devices for mobility (walking aids) at home?

If you answer "yes" to either of these questions, we will place a yellow armband on your wrist to help communicate your falls risk to staff.

Make your visit to the hospital safer for you

- Ask staff for help if you feel unwell, pain, weak, sick, dizzy, or if your heart is beating very fast.
- If you use a walking aid, please bring it with you and use it in the hospital.
- If you are connected to intravenous lines or tubes, please be very careful when getting up or moving around. Ask staff for help.
- If you see a spill, go around it and please tell staff.
- If you need help while in the bathroom, there is a call bell that you can use to alert staff.



YOUR HEALTH

By improving your diet, increasing your strength, and keeping watch of your balance, hearing, eyesight and medicines, you can prevent falls.

Be Active and Eat Well

- Take part in regular activity and eat regular, healthy meals. This can help you maintain muscle, bone strength, and flexibility.

Use Medicines Safely

- Discuss the side effects of your medicines with your doctor or pharmacist. Some medicines can make you sleepy, dizzy, or lightheaded.
- Read directions carefully so you are aware of potential reactions with other medicines.
- Do not mix medicines and alcohol. Alone, or together with medicines, alcohol can increase your risk of falling.

Use Aids Correctly

- If you have walking or balance problems, consider using a cane or walker.
 - Get these devices fitted correctly and use them as recommended.
 - Speak to a physiotherapist or occupational therapist for help.
- Wear your glasses and hearing aid.
- Find out about other gadgets you can use to help make your life safer, such as reachers or hip protectors.

Please turn over →



IN YOUR HOME

Most falls happen at home, especially in areas such as the kitchen, stairs and bathroom. Here are some tips to make your home safer for you.

In General

- Reduce clutter. Clear areas of any loose wires and other obstacles.
- Have good lighting throughout the house. Consider using night lights.
- Avoid small rugs or mats that could slide or bunch up and cause you to trip.
- Get up slowly after lying down, resting, or eating to avoid dizziness.
- Keep a phone close by or use a call assist service for support.
- Wear supportive footwear at all times.

On the Stairs (Inside and Outside your Home)

- Have enough lighting on the stairs.
- Have solid handrails on both sides of the stairs.
- Keep stairs clear of tripping hazards.
- Take your time going up the stairs. Slow down and do not rush.

In the Kitchen

- Keep supplies, such as pots and pans, in easy-to-reach spots.
- Place heavy items in lower cupboards.
- When reaching for items in high places, use a stable step stool with a safety rail.
- Wipe all spills right away to prevent slipping.
- Always ask for help with tasks that you feel you cannot do safely.

In the Bathroom

- Place grab bars by the toilet and bath tub to help you sit and stand.
- Have non-slip surfaces in the bath tub and shower.
- Use a raised toilet or bath seat.

English: This information is important! If you have trouble reading this, ask someone to help you.

Italian: Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

Spanish: ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.