

# Stay Safe – Avoid Falls

## Call for Help

- Ask for help if you feel weak, dizzy or light-headed when getting up.
- Use the call bell if you become weak or need help.
- Let the staff know if there is a spill on the floor.

## Items within Reach

- Ask to have items such as bedside tables, phone and call bell within easy reach.
- Make sure the walker or wheelchair is within reach if you can get up by yourself.

## Move Carefully

- Go slowly when you change positions, especially when getting up after lying down.
- Use available rails or hand rests for support when getting on and off a bed, chair or toilet.
- Hold on to something stable when moving from one place to another.

## Footwear & Clothing

- Put on good footwear – not socks only – before getting up; good footwear should fit properly and have non-skid soles. Make sure shoelaces are done up.
- Do not wear housecoats or pajamas that drag on the floor. Clothing should fit well and be comfortable.

## Getting into Chairs & Wheelchairs

- Make sure that wheelchair and/or walker brakes are on before you sit down.
- Back into your chair and make sure you can feel the chair seat with the backs of your legs.
- Reach back with both hands to hold the armrests then sit down with control.
- Follow any special instructions for transfers given by Nursing, Physiotherapy or Occupational Therapy staff.