

Stay Safe – Avoid Falls

Call for Help

- Call for help if you feel weak, dizzy or light-headed when getting up.
- Follow direction from your nurse about calling for help before getting up

Items within Reach

- Ask to have items such as bedside tables, phone and call bell within easy reach.
- Make sure your walker, cane or wheelchair is within reach
- **Have someone bring in your walker, cane or wheelchair from home.**

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.
- Much of our furniture and equipment is on wheels and can move unexpectedly. Use caution when moving about.

Footwear & Clothing

- Do put on good footwear (not socks or knitted slippers) before getting up; good footwear should fit properly and have non-skid soles. Make sure shoelaces are done up. **Ask someone to bring these in for you.**
- Do not wear housecoats or pajamas that drag on the floor.

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 you may have been given by Nursing or Physiotherapy staff.