

Keeping You Safe

A Guide to Preventing Slips and Falls

The Risk

Falls can be a serious risk to your health and safety. They are a major health concern and can happen to anyone at any age regardless of their health. Falls can result in head injuries, broken bones, reduced movement and fear. At BCHS, we are committed to keeping you safe at our hospital sites. Please take a moment to read this information and be sure to discuss questions or concerns with your nurse, physician or other health care provider.



What You Can Do To Stay Safe

To help reduce your risk of falling, you can begin to make smart choices now.

- Take your time – don't rush when walking or getting up
- Use hand rails and grab bars to keep you steady on your feet
- Ask for help if you're concerned about falling. Talk to your nurse, physician or other health care provider
- Call for assistance if you're concerned about moving around – especially at night
- If you feel dizzy or light-headed, sit down and call for help
- Get up slowly after eating, lying down or resting
- Wear proper footwear with good support, non-slip and well-fitting e.g. running/walking shoes or slippers with good tread and heel support
- Wear clothes that fit well to prevent tripping
- Wear glasses and/or hearing aids as needed
- Use recommended walking aids e.g. cane, walker, rollator



Your BCHS Care Team is Here For You!

Your care team is here for you to help during your hospital stay. We will:



- Ensure we are following best practices for fall prevention
 - Assess your risk of falling when you're admitted to hospital and put measures in place to help prevent falls
 - Help you become familiar with your surroundings
 - Make sure there is proper lighting
 - Keep your call bell within reach
 - Encourage you to wear eyeglasses and hearing aids
 - Encourage you to use walking aids e.g. cane, walker, rollator
- Encourage you to wear safe, well-fitting shoes
 - Make sure you use brakes on beds and other equipment
 - Complete a medication review with you and identify meds that may increase your risk of falling
 - Promote safe activities and mobility
 - Discuss how to stay safe in hospital with you and your family



Want to Know More About Safety and Preventing Falls?

Visit us at www.bchsys.org



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