

Reducing the risk of falls in hospital (Easy Read)

i Information for patients, families and carers
Patient and Healthcare Governance



Easy Read





We want you to stay safe in hospital.



Many of our patients have been admitted after they have fallen. Unfortunately people in hospital sometimes have a fall.



Falls can happen in hospital if you are poorly or confused. They can also happen if you are tired or find it hard to move around.



Side effects from your treatment may also affect you.

What can I do to stay safe?



Wear sturdy shoes that fit you well.

Ask us for some non-slip socks if your shoes or slippers are not a good fit.



You can make sure you keep your walking aid close to you.

Ask us if you need a walking aid.



Wear your glasses and hearing aids.

Make sure your glasses are clean.

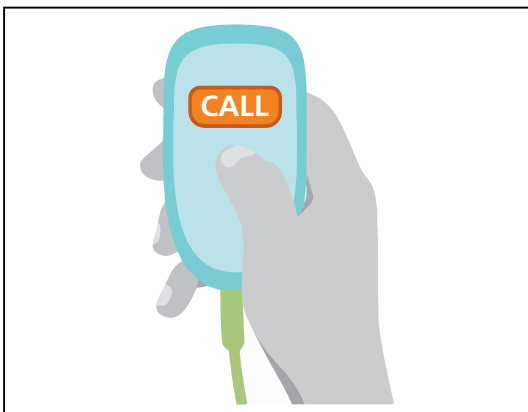
Make sure your hearing aid works.



Do our exercises if you move.
 You can even do our exercises in bed!
 Keep moving during the day.

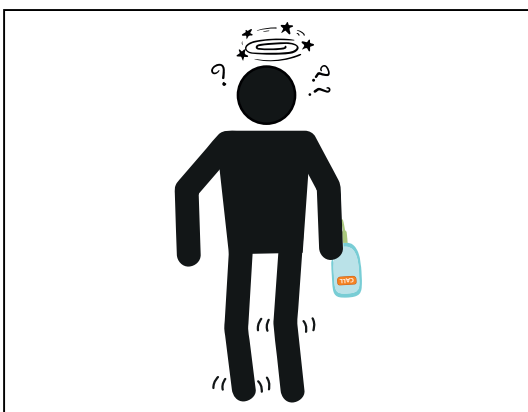


Try to get dressed in your day time clothes.

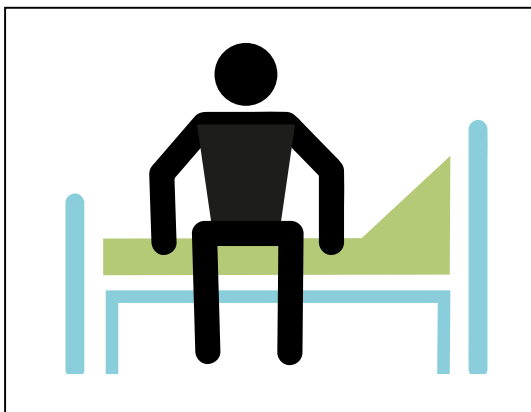


Getting ready to move or walk

Press your call bell if you need help to move or walk.

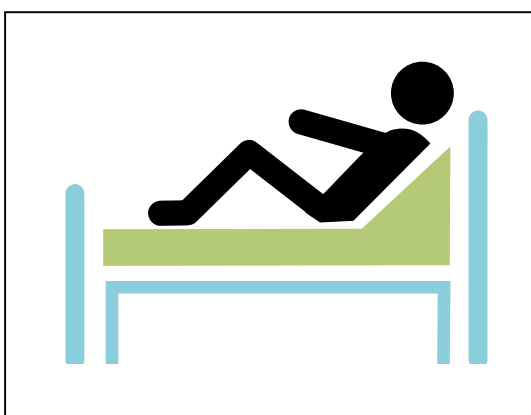


Keep your call bell close in case you feel weak, dizzy or wobbly.



When you are ready, sit up on the edge of your bed.

Wait a few moments to get your balance.



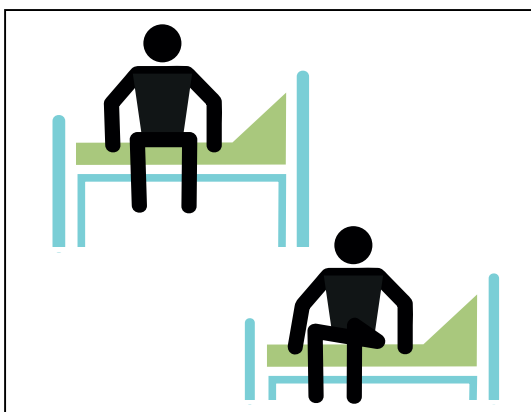
First do your leg exercises.

Take your time moving around.

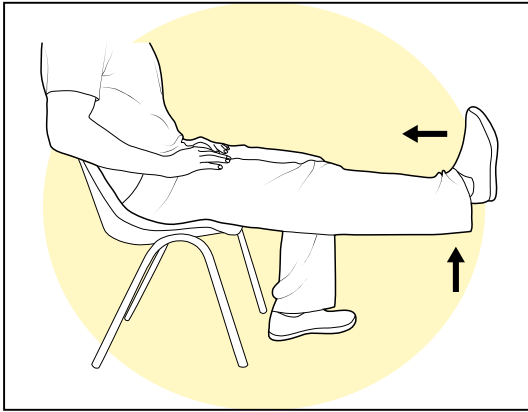


Take time to look out for equipment that might be in your way.

Ask for help to move things.

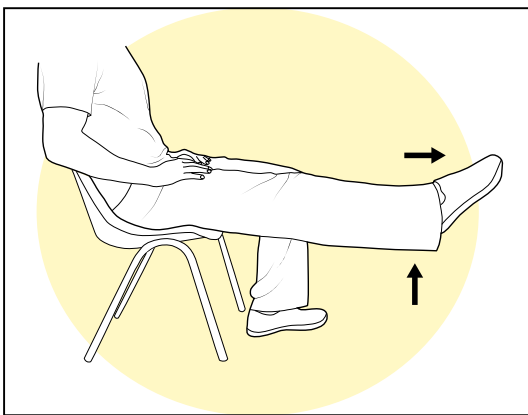


Tell us if your bed or chair is too high or low for you to use safely.

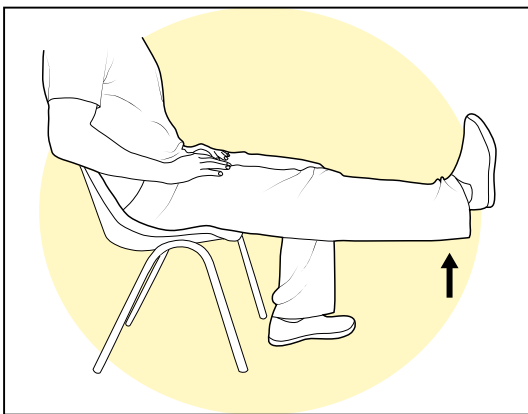


Your leg exercises.

1) Point your toes and then pull them up towards you several times.

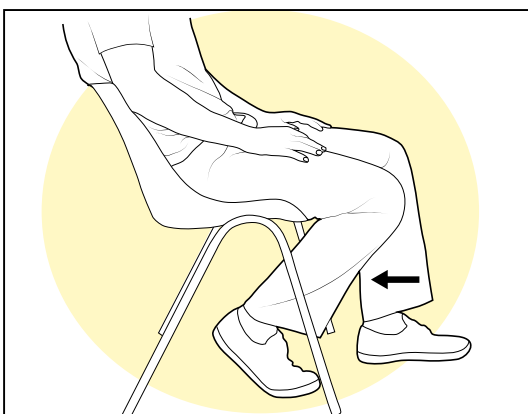


2) Point your toes away from you several times.

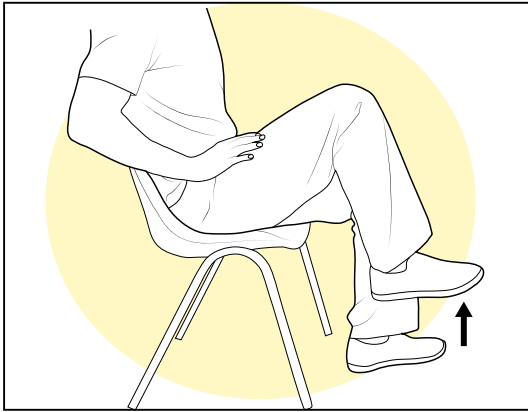


3) Straighten your leg out in front of you.

Try to hold it in the air and count 1,2,3.



4) Bend your knees one at a time.



5) March your knees up and down.



If you are worried about anything,
please talk to a member of staff.

Easy Read



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