

**After** the Health Literacy Office worked on this handout



# Please Call, Don't Fall!

## Staying Safe at UNMH

We are committed to keeping you safe here at UNMH. This handout will tell you some ways to prevent falls.

Falling at the hospital happens more often than you might think.

- Even if you feel strong, your medicines may change your balance.
- You might feel fine while you're sitting, but standing up can make you weak or dizzy.

### When to Call for Help



Please call,  
don't fall!



When you want to get out of bed.



When you need to go to the bathroom. **Don't wait until the last minute!**



If you drop something on the floor.



## Keep Your Things Nearby

There are certain things that you use often. We don't want you to fall trying to get your things.

Keep important things near your bed, including:

- Phones
- Hearing aids
- Eyeglasses
- Dentures

**Don't flop because it dropped!** If you drop something, please call for help.

## Look, Listen and Feel

- While you're awake, wear your glasses or contacts, and hearing aids.
- Before you get out of bed, make sure you're wearing the non-skid socks that we gave you.
- If you feel dizzy, let us know so we can keep you safe.
- Make sure you have both feet on the floor before you stand up.

## Our Promise to You

To make sure you get the best possible care, someone from our nursing staff will visit you every hour. On our unit, we promise to do these things:

- Check your pain level
- Offer to help you use the toilet
- Help you get into a comfortable position
- Check your medicine and give you medicine if needed (nurses only)
- Make sure your things are within your reach (call button, reading materials, glasses, etc.)
- Answer your questions
- Let you know when a caregiver will be coming back

Working together, we can keep you safer.

## Fall Safety Agreement

We will ask you to sign a form about fall safety. By signing that form, you'll tell us that you understand how to protect yourself from falling.



### These Factors Can Cause You To Fall More Easily:

- Age
- Illness
- Surgery
- Medicine side-effects
- Weakness from being in bed
- Being in a new place