

Keeping Children Safe While in the Hospital



Children stay safer when parents are informed and involved in their care. Ask questions and talk to your healthcare team.

Working together is the best way to keep your child safe.



Myths about falls

Myth: All falls and injuries can be prevented.

Truth: Not all falls and injuries can be prevented. Safety measures can only reduce a child's risk of a fall and/or injury.

Myth: Children don't fall in the hospital.

Truth: Most falls in the hospital happen when children are with a parent or family member, not when they are alone. Many falls happen in the bathroom or when a child is out of bed. A child's medical condition, medicines, and the new environment can make them more likely to fall in the hospital.

Myth: Children only fall when they are left alone.

Truth: 3 out of every 4 falls happen when caregivers are present.

Myth: Staff is responsible for keeping all children 100% safe.

Truth: Parents, patients, and staff need to work together to reduce the chances for falls. If your child is old enough, talk to them about the safety tips in this pamphlet.

How to Reduce Falls

Tell your child's care team if:

- You think your child could be at risk for falling.
- Your child is feeling weak or dizzy.

Your child's care team will:

- Work with you to make a plan to help reduce the chances of a fall from happening.
- Show you how to help your child safely move around.
- Tell you when it is safe for your child to get up alone.

Tips for Kids

- Wear non-slip slippers or shoes (no flip-flops). If not available, ask for non-slip socks.
- If you feel weak, dizzy, or unsteady, use your call bell and wait for help to get out of bed. Do not get up on your own.
- Get up slowly. Sit for a few minutes at the side of the bed before you get up.
- If you have crutches or a walker, always use them when getting up or walking around.
- Watch out for any tubing or cords that could make you trip.
- Do not lean on furniture or equipment with wheels, like side table or intravenous poles.

Tips for parents and caregivers

- Make sure your child is wearing well-fitting clothing.
- Tell us if your child has just fallen or has a history of falls.
- Tell us about any spills or wet areas on the floor.
- Walk with your child if they are feeling unsteady.
- Pay special attention to your child when they are recovering from an anesthetic or following a procedure (like having blood test).

For children in cribs:

- Keep crib rails in the highest position. If your child is a climber, let us know. We will put on a crib dome.

For children in beds:

- Leave 1 bedside rail down so they can get out of bed safely.
- Make sure the bed is in the lowest position.

Working together to create a safe space

Hospitals and clinics are busy places with lots of people and equipment to care for your child.

Help us keep the environment safe and clutter-free by only bringing essential items. Organize these items so that there is always a clear path for walking.

If possible, limit the number of people coming to visit.

When you follow these safety tips, you help us reduce the risk of falls.

If you have any questions, concerns, or suggestions about any safety issues while in the hospital, talk to your child's care team.

Patient Safety and Injury Prevention
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This information does not replace the advice given to you by your healthcare provider.

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To order: patienteduc.fraserhealth.ca