

## Bed Safety

Potential risks of bed rails may include:

A more serious injury by climbing over the bed rail as the fall is from a greater height.

Increasing restlessness due to feeling isolated or restricted in bed.

Preventing clients, who are able to get out of bed, from performing their usual activities.

**Talk to the care team if you have any questions or concerns**

## Hip Fracture Prevention

Falls are the most common cause of hip fractures.

Hip fractures are associated with a high degree of permanent disability and death.

The chance of sustaining a hip fracture, can be greatly reduced by wearing a **hip protectors**.

**Hip protectors** should be worn 24 hours a day as falls can happen anywhere, any time.

**The staff can assess your need for HIP PROTECTORS**



## Your Guide to Reducing your Risk of Falls and Related Injuries

All clients are at risk for falls and injuries, and everyone has a role in fall prevention.

Here are some ways you, your family, and friends can help reduce someone's risk of falling and getting injured.

Please read this pamphlet and talk to the care team if you have any questions or concerns.

## Environment

### Call bell

Please use your call bell to get help if you need assistance to get out of bed or a chair, or if you need to go to the bathroom. Be patient and wait for help to arrive.

### Awareness of Room

When you are in a new place, it can be hard to remember how the room is arranged. Make several practice trips to the bathroom to become familiar with the new room.

### Bathroom

Falls commonly occur when getting up to go to the bathroom. Ask for assistance if needed. Use the handrails by the toilet and sink.

## Environment (cont.)

### Room Furniture

Please do not rely on furniture to support you.

### Belongings

Keep your personal items within your easy reach.

### Lighting

Learn how to turn on the lights over your bed and in your room. Be sure to always use them.

### Vision and Hearing

Wear your glasses and hearing aids. Make sure they are clean and working properly.

### Footwear

Wear low heeled, walking shoes, and non-slip slippers or socks.

## Keep Active

### You need to keep moving

Participate in as many exercise and activity programs as you can.

### Mobility aids

The therapy staff can assess your needs and help you decide which mobility aid is most appropriate for you to move around safely.

**Please make sure you use your mobility aid at all times**

### Before you leave the bed

Sit on the bed for a minute before you stand up. Standing up quickly or after being in bed for a long time can make you dizzy.

**Please inform the nurse if you feel any weakness or dizziness**

