

Bed Safety

We don't usually put bed rails up.

Here's why:

- A person could suffer a more serious injury by climbing over the bed rail because the fall is from a greater height.
- A person could feel isolated or restricted and become more restless and agitated.
- Bed rails can stop a person who can get in and out of bed on their own from doing every day activities.

Talk to the care team if you have any questions or concerns about your safety or using bed rails.

Preventing Broken Hips

Falls are the most common cause of broken hips. A broken hip (a hip fracture) is a break in the top part of the hipbone (femur) where it connects to the pelvis.

Many people who break their hip find their lives changed. They might not be able to move around as well as they could before. Some people can even die.

The best way to reduce the chances of breaking a hip is to wear **hip protectors** 24 hours a day. Falls can happen anywhere at any time.

The care team will check to see if you are someone who should wear hip protectors.

Let us know if you have any questions or concerns about falls and how to prevent them.



Your Guide to Reducing Falls and Related Injuries

In Long-Term Care or Assisted Living

Anyone living in here is at risk for falls and injuries.

Everyone has a role in preventing falls and injuries.

Here are some ways you, your family, and friends can help lessen the chances of someone falling and getting injured.

www.fraserhealth.ca

This information does not replace the advice given to you by your health care provider.

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To order: patienteduc@fraserhealth.ca

Environment

Call bell

- Please use your call bell if you need help to:
 - Get into or out of bed or a chair.
 - Go to the toilet.
- Please wait for help to arrive. We will come as soon as we can to help you.

Get to know the room

- Make several practice trips to the bathroom so you get to know your room.

When you are in a new place, it can be hard to remember how the room is arranged.

Bathroom

- Ask for help when you need it.
- Use the handrails by the toilet and sink.

Falls commonly happen when getting up to go to the bathroom.

Room Furniture

- Keep a clear path around your furniture and to the bathroom.
- Use mobility aids to move around. 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.
- Always turn the lights on before moving around your room or going to the bathroom.

Vision and Hearing

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

Footwear

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

Keep Active

Keep moving

- Take part in as many exercise and activity programs as you can.

Movement will keep you strong.

Mobility aids

- Use your mobility aid all the time.

The therapy team can check to see how well you move around and if you need anything to help (such as a cane, walker, wheelchair, etc.). They will help you decide which aid is best for you.

Before you leave the bed

- Sit on the bed for a minute before you stand up.
- Let your care provider know if you feel weak or dizzy.

Standing up quickly, especially after being in bed for a long time, can make you dizzy.