

Bed Safety

Leave the lower two bed rails down so you can get out of bed safely when you need.

Potential risks of bed rails can include:

- A more serious injury from climbing over the bed rails because the fall is from a higher level.
- Increased restlessness or agitation due to feeling restricted in bed.
- Muscle weakness from not being able to do your usual activities, increasing the chances of falling.

Reduce Broken Hips

Falls are the most common cause of broken hips. Broken hips can reduce a person's ability to manage at home and can increase the risk of dying. Most people who break their hip never regain their previous level of independence and activity level.

To reduce the risk of a break:

- Ask your healthcare provider about **hip protectors**.
- Talk to your doctor about taking Calcium and Vitamin D supplements to improve bone health.
- Exercise regularly to maintain your bone health and muscle strength.
- Get up and moving as soon as your healthcare providers say you can.

To decrease your risk of a break, we recommend **Hip Protectors**.



Your Guide to Reducing Falls and Related Injuries

As a patient in the hospital, you are at risk for falling.

Here are some ways you, your family, and friends can help reduce your risk of falling and getting hurt.

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

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To order: patienteduc.fraserhealth.ca

Myths about falls

Myth: All falls and injuries can be prevented.

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

Myth: Restraint use will decrease the risk of falls and injuries.

Truth: Restraints do not decrease falls and can cause serious injuries and even result in death.

Myth: Staff are responsible for keeping me 100% safe.

Truth: When you, your family, and healthcare staff work together the risk of a fall and possible injury can be decreased. However, not all falls and injuries can be prevented.

How can you make your environment safe?

- **Bathroom:** Falls are commonly related to toileting. Ask for help, use the handrails, and **do not** rush.
- **Room furniture:** Use your walking aid to move around your room instead of relying on furniture as support.
- **Belongings:** Keep your personal items, call bell, and walking aid within easy reach. Avoid clutter.
- **Vision and hearing:** Wear your glasses and hearing aids. Make sure that they are working and clean.
- **Footwear:** Wear low heeled, supportive walking shoes or non-skid socks. Do not wear footwear that is loose or slippery.

How can I get out of bed safely?

- If you need help or feel unsure, use your call bell for help. Please be patient and wait for help to arrive.
- Turn on the lights over your bed and in your room if it is dark.
- Sit on the bed for a minute before you stand up. Standing up quickly can make you dizzy.
- Put on your non-slip footwear before you get up.
- Use your walking aid as directed. Make sure you feel steady before you start to walk.

What can I do to reduce my risk of injury if I fall?

- Wear hip protectors to decrease your risk of a broken hip. Hip protectors are underwear, shorts, or pants with special padding on the sides to protect your hips during a fall. Hip protectors are comfortable, easy to put on and even sleep in.
- Wear a protective hat to decrease the seriousness of an injury in case you strike your head.

Ask the staff if you have any questions or concerns!