



Preventing Falls

You may be at risk of falling down when walking or getting out of bed due to certain factors. If so, you may have fall precautions put in place. If you are at risk for falls, here are some things you and your family can do to help prevent falls:

- Call for assistance before getting out of bed. Never get up by yourself.
- Make sure at least two side rails on your bed are in place.
- Make sure your care team puts your bed alarm on, which may help remind you to call for help when getting out of bed.
- Your family members should tell staff when they are leaving.
- Please help us keep you safe by using your nurse call button for assistance.



Keep Them
Clean



**PROTECT YOURSELF
AND YOUR LOVED ONES**

**IT'S OK TO ASK YOUR
HEALTH CARE
PROFESSIONALS TO
WASH THEIR HANDS.**