

10 tips for preventing falls



Why is it easy to fall?

drug



dizziness



Use assistive devices
Can not move



old age



weak



surroundings

10 tips for preventing falls

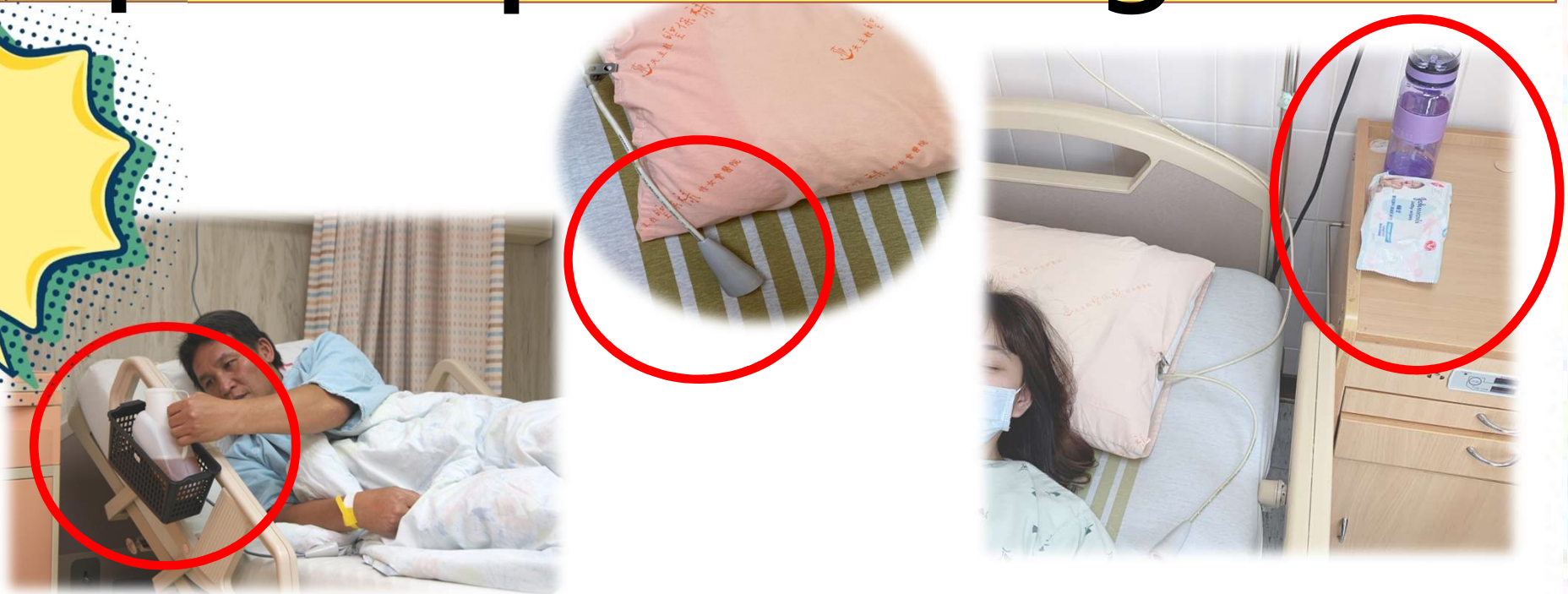
1



Please sit on the edge of the bed before getting out of bed, stand and walk slowly after the dizziness and discomfort are relieved.

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2



Please keep the calling bell and auxiliary equipment (such as urinals, kettles, etc.) in the patient's hand

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3



X Not fixed

O Fixed

Items need to be stored in the bedside cabinet to keep the aisle wide. The wheels of the four-legged bed should be fixed.

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4



The bed rails on both sides are pulled up at any time, dizzy or uncared, should press the call bell to notify the nursing staff when getting out of bed, and do not cross the bed rails by yourself!!

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5



Wear non-slip shoes and do not hit barefoot. When the ground gets wet, please notify the nursing staff to prevent accidental slipping

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6



The caregiver should sleep close to the patient to facilitate nearby care

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7

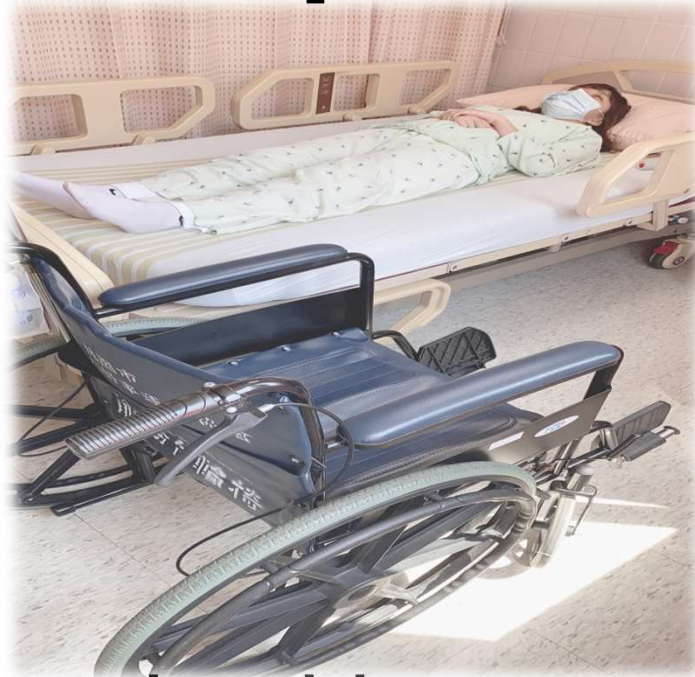


Notify me
before
leaving

Before the caregiver leaves the ward, please assist the patient to go to the toilet, eat and other needs, call the bell next to the patient and inform the caregiver before leaving

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8



Caregivers should prepare supplies (such as wheelchairs, boiling water, potty chairs) before assisting the patient to get out of bed

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9



If you feel dizzy or uncomfortable or other emergencies when going to the toilet, please press the call bell in the toilet to inform the nursing staff

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10



Please go to the toilet to empty your bladder before taking the medicine to prevent the side effects of the medicine from causing a fall

Prevent falls, you and I are responsible

Ward 5C cares about you

