

Going to the Bathroom

- Falls often happen in the bathroom.
- Your toileting routine may change while in hospital.
- Your nurse may need to assist you to the bathroom.

Call, don't fall!



Call one of our staff if you feel dizzy, weak or lightheaded – don't get up by yourself.

Working together to prevent falls

- When you are admitted to the unit you will be asked if you have had a fall this year and if you have difficulty with walking or balance.
- Your care team will discuss with you and your family how to improve your safety and prevent a fall.



Preventing falls in hospital

What you and your family can do



Advancing Exceptional Care

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Grand River Hospital, May 2021

PEM6059 (05/21)



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Did you know?

- A fall can happen to anyone.
- 70% of people who fall in hospital are over 65.

Why do people sometimes fall in hospital?

- The hospital is not a familiar place.
- You may be feeling weak and unwell.
- Your medication may make you drowsy, confused or uncoordinated.
- You may feel dizzy and unsteady on your feet.

How can I prevent falls?

- Sit at the side of the bed for a few minutes to prevent dizziness before getting out of bed.
- Keep your call bell within reach.

It's OK to ask for help



- Wear non-slip shoes or gripper socks for walking.
- Bring your cane or walker to the hospital with you. Use it to move about safely.
- Wear your glasses and hearing aids.
- Keep personal item within reach (glasses, books, cell phones).
- Keep your bed at the height the staff have placed it.
- Check that the brakes are on the bed or wheelchair before you sit or stand.
- Don't use your IV pole, tray table, or wheelchair to help you walk.