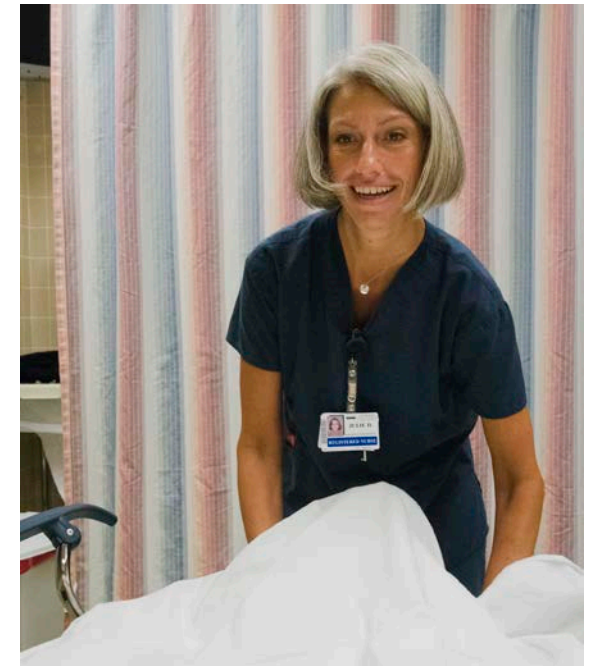




Keeping You Safe *Our plan to prevent falls*

Your safety is very important to us. One thing we do to keep you safe is to keep you from falling.

This handout explains how we help prevent falls at University of Washington Medical Center (UWMC).



Keeping you safe is our most important job. We are never too busy to help you!

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC staff are also available to help.

Falls can happen at the hospital.
A fall can delay your healing and complicate your medical care.

To help keep you safe while you are in the hospital:

We will evaluate you at least once a day for risk for falling.

Some things that may put you at risk for falling are:

- Changes in the way you get to the toilet
- Increased need to get to the toilet
- Weakness
- Recovery the first night after any surgery or procedure where you received anesthesia
- Some medicines
- Confusion

If staff feel that you are at risk of falling while at the hospital, we will:

- Help you get to the bathroom every 2 to 3 hours during the day and when we wake you at night.
- Stay with you while you use the bathroom to make sure you don't fall.

- Put a soft mat down by your bed to keep you from being hurt if you do fall.
- Set an alarm that will ring if you get out of bed, so that staff can come assist you.

Keeping you safe is our most important job.
We are never too busy to help you!

Please use your call light when you need to use the bathroom. Staff will help make sure you get there and back to bed safely.



Please use your call light when you need to use the bathroom.