

Falls Prevention Programme

How to stand on your feet



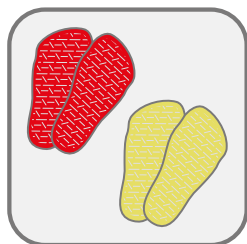
To _____

We want to provide a safe environment for you. Your safety means everything to us, and we need your help to ensure you do not fall.

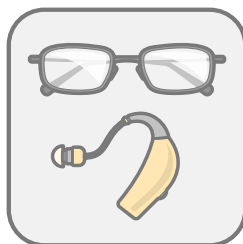
Being in a new environment can make you more susceptible to falling. Throughout your stay, please follow our safety checklist. **#thinkfalls**



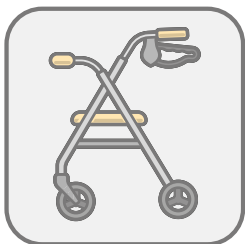
- ☐ **Press the call bell** when you want to get up.



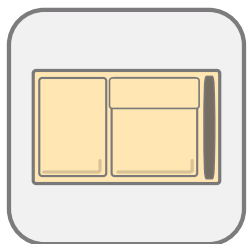
- ☐ **Wear your falls prevention accessories** at all times.



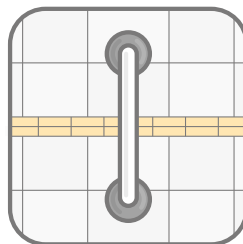
- ☐ **Always use your hearing aids and glasses.**



- ☐ **Use walking aids** for support.



- ☐ **Keep your personal belongings within reach** at all times.



- ☐ **Ask for assistance** when using the bathroom or toilet, and be sure to grip the available handrails.



- ☐ **Ask for a medication review** and **stay up-to-date** on your current **dosages**.



- ☐ **Keep hydrated** throughout your stay.



- ☐ **Ask for help when eating.**

Here are some of the most common risk factors for falling in a hospital:

1. Fear of falling
2. Previous falls or near-miss events
3. Dizziness or drowsiness
4. Difficulty walking.

Speak with your caregiver or our healthcare professional to discuss what help is available to you as part of your personalised Falls Prevention Care Plan.

Our staff are here to help by:

- Keeping your personal items close to you at all times
- Assisting you when you need to use the toilet or want to get out of bed
- Checking on you frequently
- Ensuring you have everything you need.





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