About Falling:

Falls can happen to anyone in an unfamiliar place. Most patients are tired, weak or sleepy from medications, or suffering from conditions affecting balance.

Who's At Risk:

All patients are at risk for falling.

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Campaign ZERO
Families for Patient Safety
CampaignZERO.org

Use this Checklist to
Help Prevent Your Loved One from Falling

✔ **Tell nurses you are concerned about your loved one taking a fall, or falling out of bed.**

- Ask about getting a cane or walker, and using bed rails.
- Ask about the hospital's fall protection equipment such as low beds and floor padding.

✔ **Look for things in your loved one's room that might cause a trip and fall.**

- Point out all furniture and equipment on wheels.
- Discuss ways to move around the room without leaning on wheeled items for support.

✔ **Ask for a bed alarm and a room close to the nurses' station.**

✔ Make sure someone helps your loved one go back and forth to the bathroom or commode, and that someone is **on standby in your loved one's room for every trip.**

✔ **Hang our "CAUTION!" signs** in can't-miss spots in your loved one's room, such as on doors or over the head of the bed.

✔ **Ask the nurses for non-skid socks, or bring slippers, for your loved one to wear when out of bed.**

✔ **If you are able, lend your arm for support when your loved one walks.**

- Please don't take a risk you might injure yourself — it's OK to ask for help.

✔ **Watch to make sure the hospital gown and any IV tubes won't trip your loved one.**

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Get a Nurse if Your Loved One Falls

- **Hit a call button immediately.**
- **Put a blanket over her/him.**
- **Go in the hall and call for help.**
- **Make sure someone hears you and comes right away.**
- **Do not move your loved one.**

Note: If your loved one falls, or falls out of bed, **ask to be part of the hospital's post-fall huddle to find out:**

- **How the fall happened**
- **What will be done to help make sure your loved one doesn't fall again.**

Notes:

Help Prevent Your Loved One from Falling

Remember,
It's OK to Speak Up