



Preventing Falls at UWMC

We want you to be safe

You could be at risk for falling. Falls are the most common type of patient accident in the hospital. A fall can be scary and dangerous. Learn how to prevent falls and remain safe.

Are you at risk for falls?

Yes. You are at risk for falling. People of all ages fall in the hospital. Falls can cause very serious injury. In rare instances, falls can result in permanent disability, even death. Your care team is here to keep you safe and help prevent falls in the hospital. We need you and your family to follow these guidelines to prevent falls while in the hospital. **Many falls can be prevented.**

Why am I at risk for falling in the hospital?

- You are in a new place.
- You are trying to stand after being injured or ill, having a treatment, and/or having surgery.
- You may be weak and/or unsteady.
- You may be taking medication that makes you feel tired, dizzy, or confused.
- You may need to use the bathroom often.
- Your footwear may be slippery.
- Cords, IV lines, or furniture may be in your way.
- Your glasses, water, phone, and call light may be out of reach.

Here Are Some Ways to Help Prevent Falls While You Are Here:

- **Remind yourself that you are not at home.**
- **Use your call light to get help.** It does not bother the staff for you to call for help. Wait for help to arrive. Even if you are used to getting around by yourself, you may need help while you are in the hospital.

Questions?

Ask your nurse.

Your questions are important. Call your doctor or health care provider if you have questions or concerns. Information on how to prevent falls in the home is also available.

- **Move around with care.** Most of the furniture in your room is on wheels. Don't try to use it for support.
- **Get up slowly.** Wait to see if you feel dizzy or weak.
- **Use the bathroom at regular intervals.** Try not to wait until the last minute. Get help to and from the bathroom. There is also a call light in the bathroom.
- **Wear socks, slippers, or shoes with non-skid soles.** Hospital floors can be slippery.
- **Look ahead.** Make sure there are no cords or equipment in your way. If you have an IV line, use your call light to get help moving your IV pole.
- **Keep items you need within easy reach.** Ask your nurse or someone else to place your call light, glasses, phone, or other needed items where you can get them easily.
- **If you see anything that is hazardous in your room or elsewhere in the hospital, such as a spill on the floor, please tell your nurse.**

What should I do if I fall?

- **If you fall, please let us know right away by yelling or asking anyone in your room to pull your call light cord out of the wall!**
- **Do NOT attempt to get up alone.** If you are injured, you may hurt yourself more trying to get up.
- **Even if you think you are not hurt, let your nurse and other members of your care team know that you fell.** This gives us a chance to make sure you are okay.

Your safety is important to us. Our goal is to prevent falls in the hospital. You and your nurse will work together to prevent future falls. Your cooperation is essential.

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