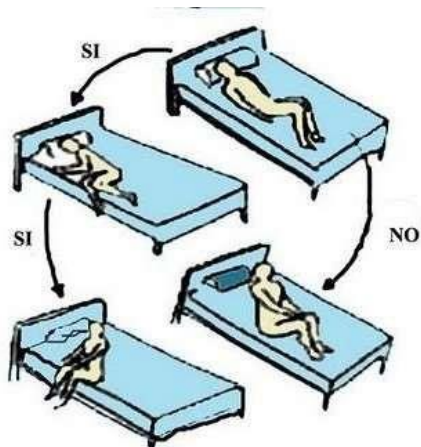


**Avoid making quick and sudden movements:**

- When changing positions, move slowly and carefully.
- When getting out of bed, sit on the edge of the bed before standing up.
- When standing up, move slowly and balance well before walkinghacer



**YOU CAN PREVENT FALLS  
WITH THE HELP OF WARD  
STAFF**



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## **RISK OF FALLS RECOMENDATIONS**



**SERVICIO MEDICINA INTERNA.  
ÁREA SANITARIA NORTE ALMERÍA**



**Junta de Andalucía**  
Consejería de Salud y Familias  
SERVICIO ANDALUZ DE SALUD

## RECOMMENDATIONS FOR PATIENTS AND CAREGIVERS:

Falls represent the most frequent type of accident among the elderly.

The consequences of falls can be mild (bruises, abrasions...) or more serious (fractures, bruises...). They also produce long-term consequences such as an increase in the degree of dependency for activities of daily living, walking, or psychological consequences such as fear of falling again, limiting independence, quality of life, and recovery.

Most falls are caused by hazards that are **PREDICTABLE** and therefore **PREVENTIONABLE**.

The information contained in this brochure will help you reduce hazards .

The places where they usually occur and the recommendations for avoiding them are indicated below.

**IN THE HOSPITAL YOU AND YOUR  
FAMILY CAN HELP US TO PREVENT  
THE FALLS**



## ADVICE FOR PATIENTS AND FAMILIES.

\* Check that the bed is in the lowered position and braked. Check the locking of armchairs and wheelchairs

\*If the bed rails are up, leave it up. It's for your safety. Do not let her down when leaving your family member alone.

\*Ring the bell if you need help getting up, going to the bathroom, or are dizzy.

\*Consider staying with your family member if they are at high risk for falls or are confused.

\*Notify ward personnel before leaving a disoriented or confused patient, so they can take appropriate safety measures.

\*Heed the warning signs for wet floors. Warn if the floor is wet.

\*Remind your family member to wear dentures whenever they are possible (glasses,

headphones...) or make sure they always have them on hand.

\*Remind your family member daily of the day and place where he is to keep him oriented.



\*Use a walking stick or zimmer frame if you have trouble walking.

\*Use only stationary objects to help keep you stable. Do not use your infusion stand, table, wheelchair... or any other object that can move.



\*Wear slippers or closed-toe, rubber-soled shoes. Do not walk barefoot or only in socks.

\*Avoid objects near the patient that could cause some kind of injury. Keep walkways free of obstacles

\*Keep the room and bathroom tidy, removing all material that could cause falls. It is recommended to use the cabinets.

\*Maintain good lighting in the room both day and night.

\*Pay special attention to any tubes, for example oxygen, intravenous systems, bladder catheters... that may interfere with walking.