



# Safe mobilisation – how to reduce falls in hospital

Reviewed: September 2024  
Next review: September 2025  
Version 6

## About this leaflet

The purpose of this leaflet is to advise about simple measures that can be taken to reduce the chance of patients falling whilst in hospital.

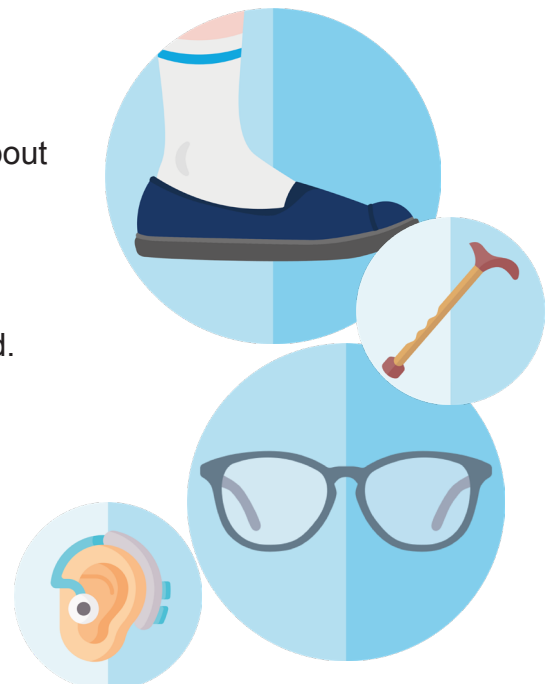
Being in hospital does not mean that people will not fall. By working together, we can help reduce the chance of it happening. Remember the hospital is not as familiar to the patient as their own home.

We encourage patients who have been assessed to be able to get up and move independently to do so – this is essential for their recovery.



## How you can help while in hospital

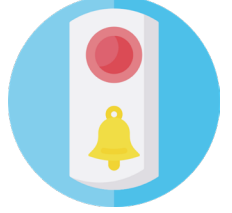
- Discuss any problems you have with walking and anxieties about falling.
- Make sure your call bell is at hand to press when you need assistance to move.
- If required, wait for staff to assist you.
- Take your time standing up from a chair and getting out of bed.
- On waking, if able, have a cold drink before rising.
- Wear light-weight, well fitting shoes / slippers.
- Use your walking aids at all times.
- Use your spectacles and hearing aid if needed.
- Keep your spectacles clean and ask staff to assist you if necessary.
- Make sure your room is well lit before getting up.



## ➤ How your relatives, carers and visitors can help

Please can you:

- bring in any walking aids, spectacles or hearing aid which have been left at home;
- ensure that the patient has sufficient clothes and well fitting shoes/slippers;
- share any information with staff about falls the patient has had previously;
- place the nurse call-bell near to the patient as you leave;
- ensure the patient realises when you are leaving;
- put your chair away when you leave;
- avoid moving furniture or leaving things lying about, for example bags; and
- advise a member of staff immediately if fluid gets spilled.



The use of bed rails will be agreed between the patient, relative and nursing staff following the appropriate clinical and risk assessments.

If you have any concerns, or wish further information, please approach any member of nursing staff.

## ➤ How staff will help you

- By listening and acting on your concerns.
- With the patient's consent, sharing information on assessments and progress.

Remember: unfortunately, despite all preventative measures in place, some patients remain at risk of falls.

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