Patient Information
O16

NHS Golden Jubilee

Safe mobilisation and falls safety

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Version 7

About this leaflet

The purpose of this leaflet is to provide patients, families and carers with information and advice on safe mobilisation and falls prevention during a hospital stay.

This does not replace your individual care plan or clinical advice.

What is safe mobilisation?

Moving safely is important for your recovery, but if you feel unsteady, dizzy or are worried you are going to fall, please ask for help. If you have been advised to wait, please do not get up until a member of staff has advised it is safe to do so.

What should I do before I get up?

- Take your time when you are standing up.
- If you start to feel dizzy, weak, confused, in pain or are worried about falling, use the call bell for assistance.
- Please use your walking aid as advised.

What footwear and personal items should I use?

- Wear well-fitting shoes or slippers with a secure back and good grip.
- Use your glasses and hearing aids if you need them.
- Keep your call bell and important items within reach.
- Ask staff for help if your walking aid is not nearby.

How can I keep my space safe?

- Try to keep the floor around your bed space free from bags, cables and other items that could cause a trip.
- Make sure the area is well lit before moving around.
- Avoid using furniture with wheels for support, as it may move unexpectedly.
- If you notice a spill or anything that could be a hazard, tell a member of staff as soon as possible.

When should I speak to a member of staff?

- Tell staff immediately if you feel dizzy, faint, confused, or more unsteady than usual.
- You should also ask for help if you need to get to the toilet quickly, or if essential items such as your walking aid, glasses, hearing aids, footwear or call bell are not available.
- Staff should also be informed about any spills, clutter or trip hazards in your area.

How can family and carers support?

- Your family members and carers can support safe mobilisation by bringing in your usual walking aids, glasses, hearing aids and suitable footwear where possible.
- Before leaving, they can help ensure that the call bell, drinks and other important items are in reach.
- They should keep bags, chairs and belongings clear of walking routes and avoid moving furniture unnecessarily. If you have a history of falls, confusion, dizziness, changes in mobility or concerns about falling, please speak to your care team.
- If you need to move around, your family members and carers should encourage you to call for assistance, rather than helping on their own.

Further information?

Please speak to staff about what support is safest for you.

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reviewed for plain English

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