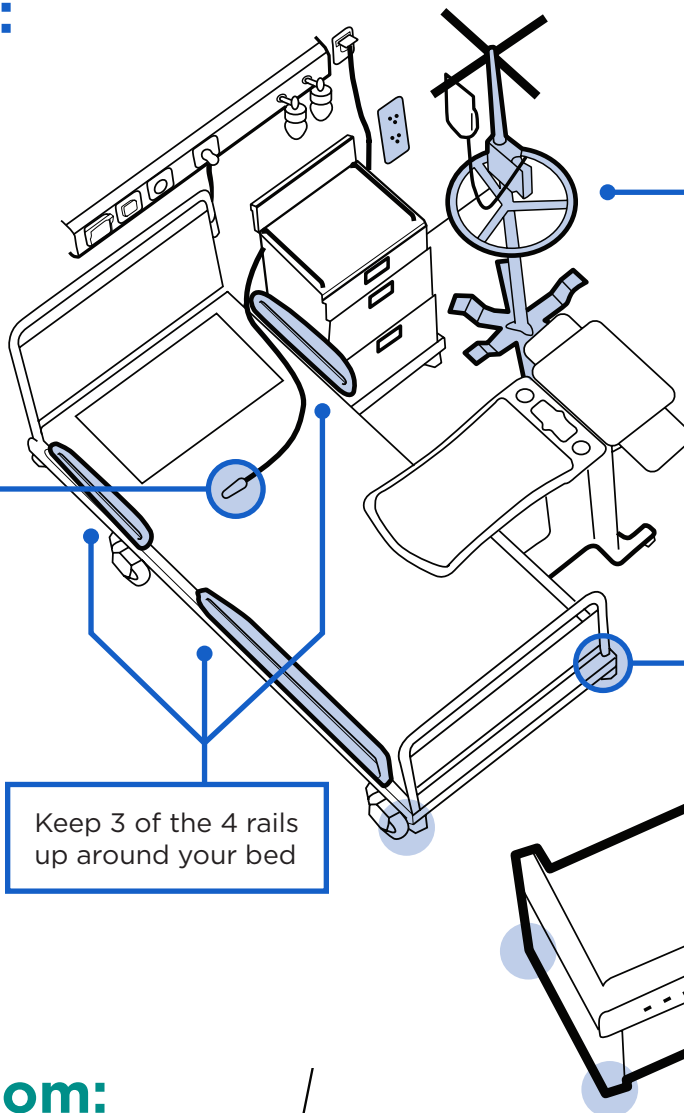


# Be Safe During Your Stay

## In your room:

- Keep the area around you clear
- Always wear your safety socks when you're not in bed
- Wear glasses and hearing aids when you're awake



IV poles are not made to support your weight

**Don't lean forward or reach for things.** Use your call button for help with:

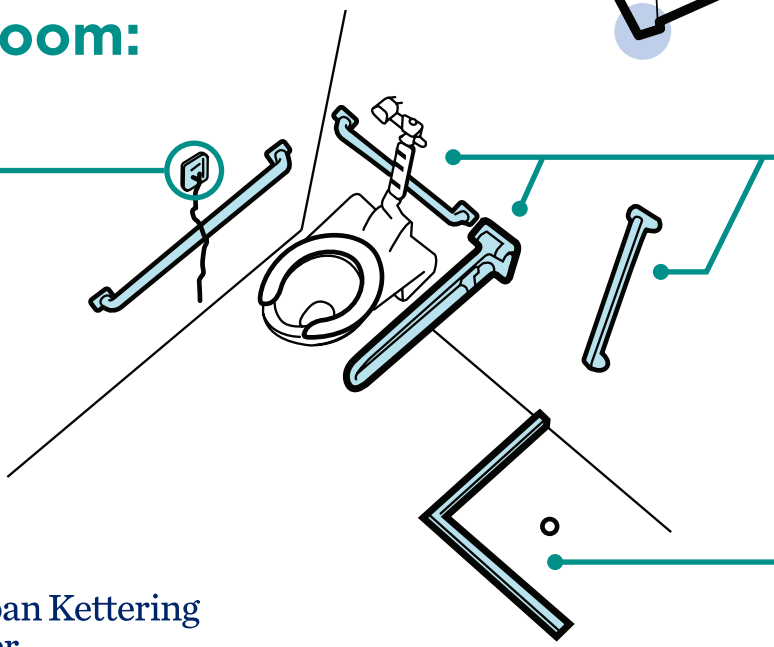
- Getting out of your bed or chair
- Going to the bathroom
- Personal items out of your reach or on the floor
- Any spills on the floor

Keep 3 of the 4 rails up around your bed

Be careful: Some furniture has wheels and can roll

## In the bathroom:

Use the call bell in the bathroom if you need help



Use grab bars when using the toilet and shower

Don't use the shower curtain to help keep your balance

Step over the shower ledge



# Know Your Risk of Falling

If you...	You are...
Have a history of falls	<b>5 times</b> more likely to fall again
Need help transferring to the toilet or commode (portable toilet)	<b>2 times</b> more likely to fall than patients who do not need help transferring
Need help moving from bed to chair or need a complete transfer	
Have vision or hearing problems that affect your movement	<b>2 times</b> more likely to fall than people without vision or hearing problems or numbness in their feet
Have numbness of feet	
Have trouble walking	<b>2 times</b> more likely to fall than people who don't have weakness or trouble walking
Have weakness in either side	
Have weakness in your legs or feet	
Take medications for anxiety, sleep, or seizures	<b>3 times</b> more likely to fall than people who don't take some of the medications you take

## Our plan to keep you safe

Your care team will check on you often to take care of the 4 Ps:



### Positioning

Moving between your bed and chair or walking around



### Pain

Keeping you comfortable



### Personal Items

Keeping your belongings and call bell within reach



### Potty

Toileting needs

### Other steps you and your care team can take:

- Help make sure your team knows your fall risk by wearing your yellow non-slip socks and wristband
- Talk with your nurse about the kind of help you need using the toilet
- Ask for a commode to make toileting safer, if you need it
- If you're at a high risk for falling, we will stay with you while you use the toilet



Memorial Sloan Kettering  
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