



## Falls Prevention is Everyone's Business

WORKING TOGETHER FOR YOUR SAFETY IS  
**OUR NUMBER ONE PRIORITY**

### Tips to keep you safe in your hospital stay:

- When you are sick, in hospital you are at a higher risk of falling.
- Ask for help to walk and go to the toilet if feeling unsteady, dizzy or you have been advised by the ward staff.
- Use glasses and walking aids if needed and ask for your personal items to be in reach.
- Family, carers &/or friends - please let the ward staff know if you are concerned about the patient's change in behaviour or medical condition.

**Your safety in hospital is important to us**

For local or online balance and strength programs visit: [www.activeandhealthy.nsw.gov.au](http://www.activeandhealthy.nsw.gov.au)