



Falls Prevention is Everyone's Business

WORKING TOGETHER FOR YOUR SAFETY IS
OUR NUMBER ONE PRIORITY

Tips for preventing falls during and after your hospital stay:

- Work with your healthcare team to develop a falls prevention plan.
- Communicate your healthcare needs and ask questions.
- Ask for help when walking and using the bathroom if you feel unsteady, drowsy or unsafe.
- To reduce light-headedness, pause between each position - lying to sitting, sitting to standing.
- Walk in safe, well-fitting footwear.
- Use glasses and walking aids if required.
- Try to go for walk during the day around the ward or outside if possible.

For local or online balance and strength programs visit: www.activeandhealthy.nsw.gov.au

For further support visit: www.beyondblue.org.au