



Falls Risk Signage

You may notice this sign around your bed space. This sign is for staff awareness and is used for patients who have:

- Decreased mobility
- Confusion or disorientation
- Recently had surgery
- Experienced a fall in the past 12 months

Ask staff for help!

If you are unsure about anything related to your safety or falls prevention. We are here to support you in staying as safe and comfortable as possible.



105 Frenchs Forest Road (West),
Frenchs Forest NSW 2086
Phone: (02) 9105 5000
nbh@healthscope.com.au



DOCREF: NBH Falls Prevention March 2025 V1

Falls Prevention

Patient and Family
Information



Key Tips for Patients & Families

- If you are feeling dizzy or lightheaded, let staff know
- Use the call bell for assistance with even small tasks, such as reaching for something on the floor
- Wear your glasses or hearing aids if needed. Please ask staff to help with cleaning them
- Some medications or health conditions may cause dizziness. Notify staff before standing up if you experience this
- Families are encouraged to bring in mobility aids, supportive shoes or slippers for patients
- Please alert staff if the patient has had a fall in the last 12 months.
- Families should review the patient's care board or consult with nursing staff to understand current mobility levels before assisting with movement or bathroom visits, as mobility can change due to illness or medication adjustments.
- Please do not leave your family member alone in the bathroom if they are at risk of falling.

Walking, Balance and Exercise

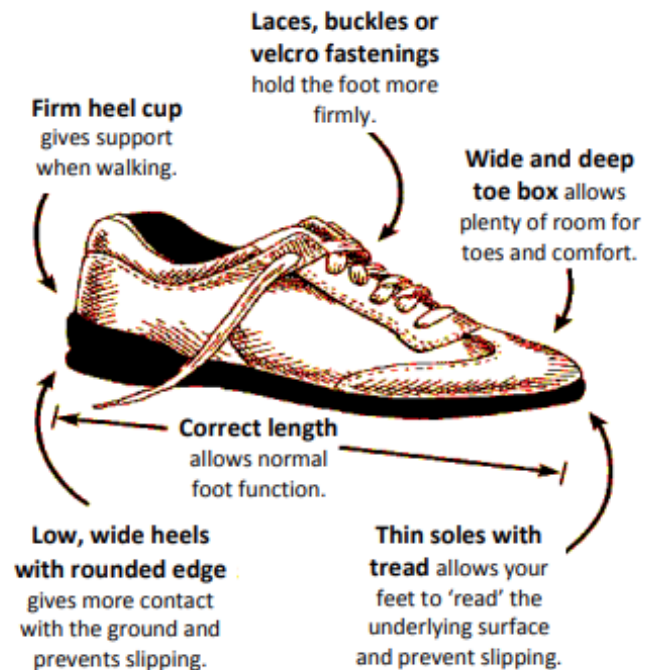
- Keep mobility aids nearby: If you use a walking stick, crutches or a frame, ensure they are within reach and take them with you when moving around.
- Avoid using furniture for support: Furniture can be unstable and may increase the risk of a fall.
- Move slowly and carefully: Take your time when turning or performing multiple tasks at once.
- Be cautious with steps and uneven surfaces: Pay special attention to steps, stairs, or any uneven ground.
- Be mindful of slippery floors in bathrooms: Take extra care in bathrooms as floors may be wet.
- Listen to your physiotherapist: Your physiotherapist will guide you on the safest way to begin moving and building strength.

Footwear Safety

- The safest and most supportive footwear is properly fitted, closed-heel shoes or slippers.

- Non-slip socks do not effectively prevent falls.
- Wearing socks alone increases the risk of falls.
- Always wear safe, supportive footwear.
- Key Footwear Guidelines:

- ✓ Proper Fit
- ✓ Lace or Velcro straps
- ✓ Closed Heel



Northern Beaches
Hospital
by Healthscope