

Fillmore County Hospital
FALL PREVENTION TIPS



Your safety and well being are important to us. Please read and follow these tips to decrease your risk of falling and possible injury.

WHILE AT OUR PROGRAM, PLEASE:

ASK FOR ASSISTANCE WHEN NEEDED - The staff are here to help you. Please request assistance with walking or using the bathroom facilities as needed.

WEAR SAFE SHOES - Please wear sturdy closed toe shoes with non-skid soles.

USE YOUR CANE, WALKER OR WHEELCHAIR - If you routinely use a device to assist you in getting around, please use it at all times when on the unit.

RISE FROM A SEATED POSITION SLOWLY - Changes which occur as part of the aging process or certain medications may result in feeling unsteady or dizzy if you rise from a seated position too quickly. Please take your time when changing positions from sitting to standing.

KEEP THE STAFF INFORMED - Notify a staff member if you experience weakness, dizziness, unsteadiness or other symptoms which could increase your risk of falls. Inform staff of any medication changes or recent falls. Do not leave the unit without informing a staff member or having a staff member accompany you.

**FILLMORE COUNTY HOSPITAL
INTEGRATED HEALTH SERVICES**

(402) 759-3192. Fax: (402) 759-3186. 1900 F STREET. GENEVA, NE 68361. www.myfch.org
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AT HOME:

LIGHTING - Keep rooms and hallways well lit. Use night lights and outdoor lighting as needed.

PETS - If you have a pet, be aware of where it is since tripping over animals is a frequent cause of falls.

CLUTTER - Keep floors clear of objects you might trip over. Make sure extension cords are out of the way. Avoid throw rugs and uneven walking surfaces.

HANDRAILS - Install and use handrails or grab bars for assistance as needed. Handrails are especially important in bathrooms and on stairs. Consider using a shower chair

EMERGENCIES - Keep emergency numbers and contacts near all phones. Include list of current medical problems, medications and allergies. Keep a telephone and light within easy reach.

VISION - See an eye doctor on a regular basis to detect and correct visual problems which increase the risk of falls. Wear your glasses as directed

FLOORS - Avoid using floor polish or wax which might make floors slippery. Tape down edges of carpets as needed.

I have received a copy of the Fall Prevention Tips handout.

Patient Signature

Date

Original given to patient and signed copy placed in chart.

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