

YOU AND YOUR FAMILY



**ARE AN IMPORTANT
PART OF THE
HEALTH CARE TEAM**

Falls Prevention

Tips for patients and families

*Developed by the
Markham Stouffville Hospital
Falls Working Group*

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FALLS PREVENTION

Tips for
Patients and
Families



MARKHAM STOUFFVILLE HOSPITAL
A PROUD HERITAGE - AN EXTRAORDINARY FUTURE

Get help to use the washroom.



This is where MOST falls happen.

Keep the call bell and your personal items close.



Use the call bell to **ask for help!**

Get up slowly.



Take your time.

No bare feet—use good fitting rubber-sole shoes or non-slip socks.



If needed: use your glasses or hearing aid.

Use your walker or cane for support.



Don't lean on unstable items like furniture, tables or IV poles.

Yellow wristbands and special signage are used to identify **high-risk patients.**



Please report concerns to your healthcare provider.



Quality | Patient Relations and Experience | Patient Safety | IPAC