



Reducing the risk of falls in hospital



South West
Yorkshire Partnership
NHS Foundation Trust

Walk in areas which are **well lit**



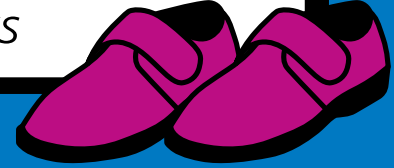
Use a **mobility aid** if you have one




Always wear your **glasses and hearing aids**



Wear **supportive footwear** and don't walk around in socks



Long nails, corns and calluses cause **PROBLEMS WITH YOUR BALANCE**



Talk to our staff if you think you have any side effects from your medication



DO NOT STAND UP TOO QUICKLY

You may become dizzy and fall



If you are worried about falling **Speak to our staff**

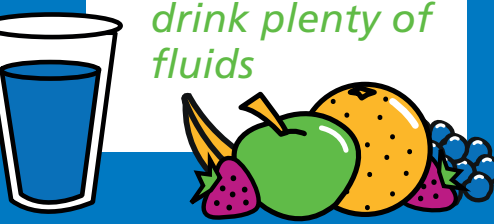


CALL

DON'T FALL



Maintain a well balanced diet and drink plenty of fluids



Speak to our staff if you have **bladder or bowel problems**



Speak to a member of staff if you have **problems with your walking and/or balance**



With **all of us** in mind.