



4. Listen and refer to the information given by clinical staff about drug use and side-effects, in order to reduce the risk of falling while under the influence.

5. Make sure trousers are at right length and not too long. Advice to wear appropriate non-slippery shoes.

6. Wear spectacles or hearing aid when necessary.

7. Ensure appropriate use of walking aids such as crutches and walkers. Do not use umbrellas as an ambulatory aid.



8. Avoid rapid movement when standing up or changing posture, do not use moveable furniture as a support. For example: bedside table, bedside cabinets, beds, IV stands.

9. When toileting in bed, bedside and bathroom, patient should pay particular attention and use handrails appropriately, "Call Bell" should also be used when assistance from a ward staff is required.

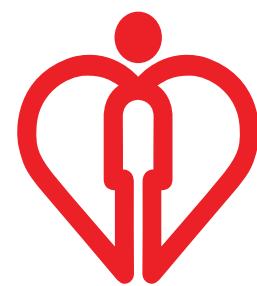


10. Pay attention to ward environment, avoid placing extra personal belongings around bedside, keep proper lighting and be aware for an "Slippery" warning signs.



11. To reduce the risk of fall, ensure the height of the bed is appropriate or at a relatively low position.

12. Please inform the ward staff in advance, if visitors need to release patient's physical restraints, visitors should accompany patient during the process and inform any ward staff on duty to replace physical restraints on the patient before leaving.



Tung Wah Eastern Hospital

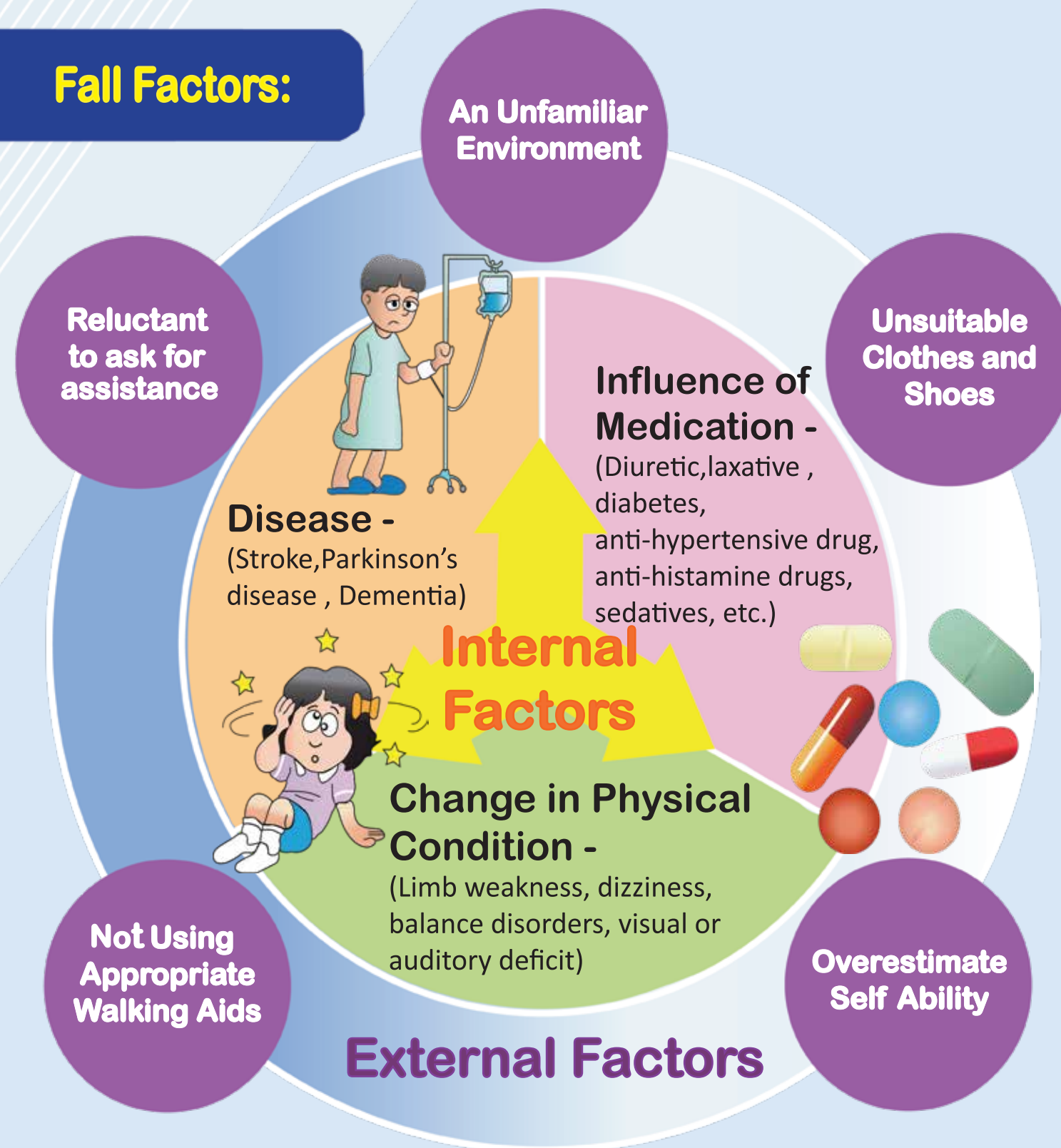


Fall Prevention Education Leaflet

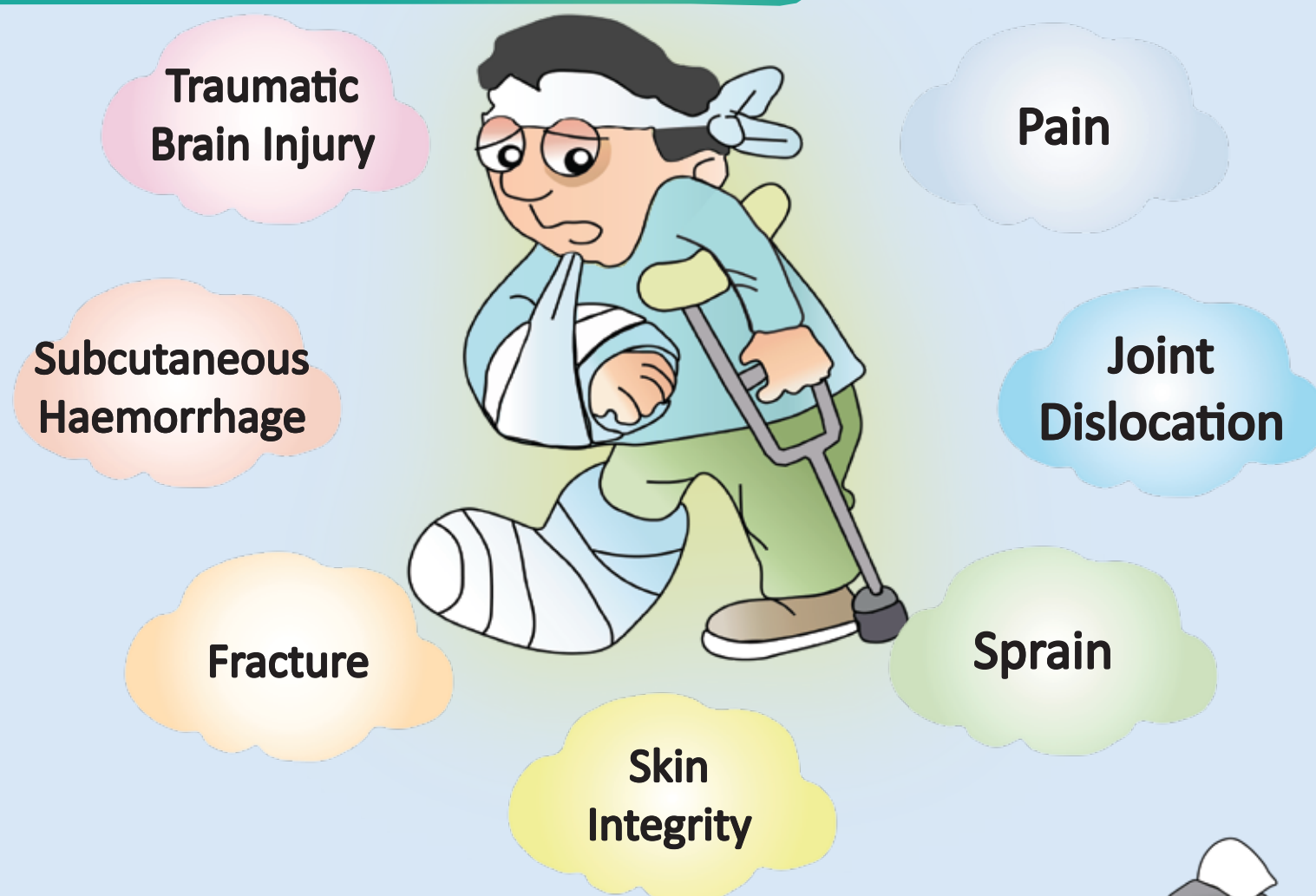
Introduction :

Falling over can be a common incident when there is a change in physical conditions of the patient or if the patient is in an unfamiliar place. Various degrees of injuries can be caused henceforth. Through this leaflet, we hope patients could understand the importance of cooperating with ward staff in order to ensure your own safety, namely to reduce your risk of falling.

Fall Factors:



Fall injuries can be caused by:



Fall Prevention Precautions:

1. Understand self's ability whether he / she can walk independently. And seek assistance from ward staff immediately when he / she suffer from fatigue at lower limb, dizziness or unbalanced movement.
2. Orient patient to ward environment e.g. toilet & bathroom.
3. Fully understand the use of "Call Bell" and place it within reach.

