

Working Together to Prevent Falls

@ A&E, Specialist Clinics, Pharmacy & Ambulatory Setting

The unfamiliar hospital setting may cause patients to become confused and unsteady. Patients may also experience weakness due to illness. Falls may lead to serious injuries, hence we seek your help to observe these care tips to prevent falls.

If you are at risk of falls, it is important to have a family member accompany you.



Persons who are unsteady when walking with or without walking aids

Wear non-skid footwear.
Be careful when walking.



Persons experiencing giddiness

If you feel giddy and weak, rest for a while and call for assistance.



Persons with visual impairment

Approach our staff or call for assistance.



Persons in wheelchairs

When getting in and out of the wheelchair, remember to lock your brakes and not step on the paddles.

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@ Peri-operative Services & CVC

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Persons who are unsteady when walking with or without walking aids

Wear non-skid footwear.
Be careful when walking.
Approach our staff or call for assistance.



Persons with visual impairment



Persons feeling drowsy due to sedation

You may feel drowsy after the procedure / operation due to the sedation. Have a family member accompany you. If you feel giddy and weak, rest for a while and call for assistance.



Persons in wheelchairs

When getting in and out of the wheelchair, remember to lock your brakes and not step on the paddles.

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@ Rehabilitation Services

The unfamiliar hospital setting may cause patients to become confused and unsteady. Patients may also experience weakness due to illness. Falls may lead to serious injuries, hence we seek your help to observe these care tips to prevent falls.

**When you are doing the below activities,
please inform our therapist or counter staff if:**

- You feel weak, unsteady or giddy, when walking or exercising
- You are unable to cope with the exercises taught



Persons using stairs



Persons doing exercises



Persons using walking aids



Persons experiencing giddiness



Persons in wheelchairs

Note to Caregiver

Please accompany your family member at all times,
so as to reduce risk of fall when he is alone or confused.

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@ Department of Diagnostic Radiology and Procedural Area

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Persons who are unsteady when walking with or without walking aids



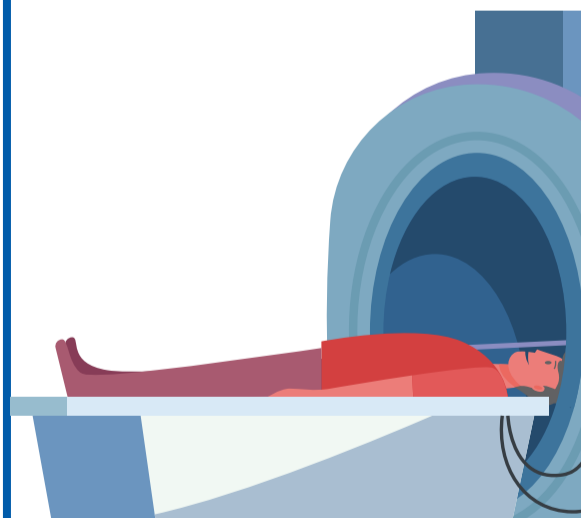
Persons with visual impairment

Wear non-skid footwear.
Be careful when walking.
Approach our staff or call for assistance.



Persons in wheelchairs

When getting in and out of the wheelchair, remember to lock your brakes and not step on the paddles.



Persons undergoing radiology procedures

Be careful when getting on or lying on the narrow X-ray table. Do not turn suddenly as there is a risk of flipping off the table.



Persons experiencing giddiness

If you feel giddy and weak, rest for a while and call for assistance.