



Preventing Falls

Is my child at risk for falls?

Increasing awareness of the risks will help us to prevent falls. Children who are at risk for falling are:

- Infants and toddlers
- Teenagers and school-age children who may not call staff for help when moving from the bed to a chair or when getting up to the bathroom.
- Those who have difficulty walking, using crutches, a walker or wheelchair.
- Those with a previous history of falling.

Equipment which must move with the child may increase the risk for falling:

- IV Poles
- Restraints
- Oxygen
- Monitors
- Foley catheters
- Casts or splints
- Wheelchairs or crutches

What can I do to help prevent my child from falling?

- Inform staff of your child's risk for falling.
- Keep side rails up on the bed or crib.
- When getting your child out of the bed or chair for the first few times, call your nurse for assistance
- Stay at the side of the exam table, gurney or stretcher. Use side rails on gurney or stretcher.
- Assist your child or request assistance from staff for transfers (to move to the bathroom or another area in the hospital)
- Be aware of extra cords from monitors
- Be aware of IV lines and pumps
- Have your child wear shoes or slip-proof slippers
- Keep the call light at the bedside
- Clarify activity and limitations with your nurse or care provider
- Stay with your child while in the hospital or have other family members do so
- Keep the bed in the lowest position
- Stay near your child after procedures (including cast removal), after sedations or in case of dizziness.

Please talk to your nurse if you have more questions or concerns.