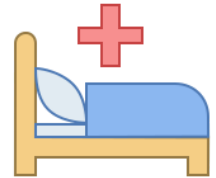


You can reduce your risk of falls by doing the following:



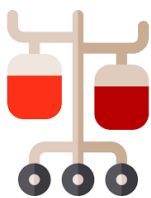
Remain in bed until it's safe to get up. Use your call button to call for help before getting up. It's for your safety. You may be weaker than you realize.

Have the nursing staff lower your bed. Sit on the side of the bed for a few minutes before you stand. Walk close to the wall and use the handrail for safety.



Keep personal items close and within reach, don't stretch. Ask staff to move items closer when needed.

Tell your doctor or nurse if your medicine makes you sleepy, light-headed, dizzy, sluggish, unbalanced or confused.



Be aware of equipment electrical cords and other possible tripping hazards in your room. Avoid leaning on equipment on wheels, such as IV poles or bedside tables.

The staff is here to help you! You are not "bothering us" when you call for help.

PLEASE CALL - DON'T FALL