

## Safety

Special care should be used to prevent falls and injuries. If the patient needs help when walking, support them on the weakest side. Put one arm around the waist and the other forearm and hand in front of the shoulder. If a gait belt has been provided and your Empath Health nurse has provided education on its proper use, make sure it is on prior to the patient's transfer. Ask your nurse to demonstrate.

When the patient is getting out of bed, remind them to sit on the side of the bed for a few minutes. A change in position may cause dizziness or unsteadiness. If the patient becomes lightheaded, stay with them. When transferring, use care to transfer across the shortest possible distance. If in a hospital bed, adjust the level of the bed to reduce strain on your back. Ask your nurse to demonstrate.

### Follow These Tips:

- Lock wheels of beds and wheelchairs to prevent slipping.
- Remove throw rugs to avoid tripping and falling.
- Remove or relocate electrical cords running across the floor.
- Use bath mats or non-slip stickers in bathtub and shower.
- Place the bed near a bathroom, if possible, or place a commode near the bed.
- Do not use slippery shoes or slippers.
- Keep your back straight when lifting and bend and lift from your knees and hips. Stand as close as possible and keep feet spread for a firm base of support and good balance. Ask your nurse to demonstrate.
- Keep the electric bed in low position when patient is in the bed.
- When transferring the patient and they begin to fall, gently assist them to the floor. Do not attempt to stop or break the fall.
- Ask your nurse if fall pads are appropriate.



### When to Call Empath:

- If an accident or fall should occur
- If the patient complains of severe pain
- If any area (arm, leg, hip, etc.) is in an unusual position
- If fluid is draining from the patient's mouth, ears, nose, or if he or she is bleeding

Call Empath Health with any questions (888) 855-2838: \_\_\_\_\_

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