



How to Help Prevent Falls

Children of all ages are at risk of falls, accidents, and injuries when they are in the hospital. This risk increases the younger they are.

This is a new environment for you and your child. Before moving around the room, look for things that could be tripped on such as linen baskets, cords, IV pole, IV tubing, and waste bins. Move these things out of the way so walkways are clear.

Make sure that hospital bed side rails or crib sides are up when you are not directly at the bedside with your child. Turning your back for just a moment to grab an item is enough time for your child to fall out of bed.

Make sure that your child's bed is locked in place. If the bed/crib moves when you touch it, then it is not locked. Ask your nurse to lock it for you.

Some hospital beds can raise and lower. Sometimes when procedures are being done the staff may raise the bed. Please make sure the bed is lowered back to the lowest position before the staff leave the room.

Make sure the room is well lit before your child gets out of bed. They need to be able to clearly see where they are walking when up and walking around the room or hallway.

If your child wants to walk around, make sure they have shoes on or non-slip socks. If you don't have any, ask your nurse and they will get some for you.

If your child is bored of being in bed, ask your nurse for a play mat. This is a softer, more comfortable surface to play on when out of the hospital bed.

Make sure your nursing staff communicates the medication your child is receiving during their admission. Some medications can be disorienting or make them sleepy which can increase their fall risk.

Get help before you move your child. Having someone help you move your child will prevent falls and prevent problems with tubing or cords.