

## Falls Prevention for Children in Hospital Information for Parents and Carer

We all know that children fall. A fall in hospital may be more serious because they are already unwell or injured.

*If your child falls in hospital, tell a staff member immediately.*

Please turn over for TOP TIPS to prevent a fall in hospital.

Falls in hospital can happen:



From a  
bed or chair

From a sleeping  
parent's arms

During busy  
times, day and  
night

**FALLS  
HAPPEN**

Going to the  
toilet

When no one is  
watching

Around the bed  
or cot



# Top tips to prevent a fall in hospital

## Do:

- Place things that your child might want within easy reach.
- Bring in non-slip shoes/slippers (no thongs) and make sure your child does not walk around in surgical stockings or socks without non slip soles.
- Tell nursing staff if your child is going to be left unsupervised, so they can keep a closer eye on them.
- Clothing and pyjamas should be above the ankles to avoid tripping.
- Children will need help when walking for the first time after having an operation, starting new medication, using crutches or a frame.
- Use safety straps for all equipment such as seats, high chairs, prams & wheelchairs.
- Let staff know if you see any dangers (e.g. spills, obstacles or toys).

## It is not safe to:

- Let children play in unsafe areas (e.g. bathrooms, table tops, window sills).
- Allow children to run on the ward.
- Share the bed with your child. It is not safe for you to put your child in a chair bed with you and children's beds are not designed for adults.
- Leave cot sides down while children are in cots or on change tables. Rails need to be all the way up. This also applies to children in beds.