








## Ten Falls Prevention Guidelines

	<p><b>The First Prevention Guidelines</b></p> <p>If you feel dizziness after taking a sleeping pill or have unstable blood pressure, you should sit on the bed's edge first if you want to get off the bed, and then allow your family member to help you out of the bed.</p>
	<p><b>The Second Prevention Guidelines</b></p> <p>Should you need any assistance but without a family member around, please notify the nursing staff immediately by pressing the emergency call (red) button.</p>
	<p><b>The Third Prevention Guidelines</b></p> <p>If the ground is wet, please notify the nursing staff to dry it to prevent accidental falls.</p>
	<p><b>The Fourth Prevention Guidelines</b></p> <p>Please store your belongings in the cabinet to keep the walkway obstacle-free.</p>
	<p><b>The Fifth Prevention Guidelines</b></p> <p>If the bed rails are pulled up the nurse, please lower them first before getting off the bed. Do not climb over the rail.</p>



### **The Sixth Prevention Guidelines**

If the patient you look after is restless, uneasy or loss of consciousness, please pull up the bed rails to enhance restriction and protection.



### **The seventeenth Prevention Guidelines**

If your clothing size is too big, please change it with a proper size.



### **The Eighth Prevention Guidelines**

Please You should always wear non-slip shoes and absolutely do not walk around barefoot.



### **The Ninth Prevention Guidelines**

Please always keep the lights on in the ward.



### **The Tenth Prevention Guidelines**

In the event of an emergency while you are using the toilet, please press the emergency call bell in the toilet to alert the nursing staff.

