Queensland Stay On Your Feet® video script

Falls can be a very real hazard at home and in the hospital, especially when you are feeling weak or unsteady.

Here’s what you can do to help prevent your self from falling and to Be Safe while in hospital:

Know how to contact hospital staff, use the buzzer, ask for assistance and wait for help.
Tell staff if you are having any problems with your sight or walking.

Here’s what you can do to prevent yourself from falling:
- Get to know your room, bathroom, lighting and furniture.
- Bring and use your glasses, hearing aid, walking aid and wear low heeled non-slip shoes that fit well.
- Keep objects within reach.

Never be afraid to ask for assistance and wait for help.

Learn about balance, strength and exercise and complete the Stay On Your Feet® checklist.

For more information visit: health.qld.gov.au/stayonyourfeet