

# Keeping your child safe from falling in hospital

## Your child's safety is our number one priority.

The hospital environment is very different to home, with higher beds and harder floors.

In hospital, your child may be attached to equipment such as drips and monitors, and they may not be at their best because of an illness, injury or medicines they have been given.

As a result, children are at risk of falling in hospital.



## Falling from a bed, cot or chair can lead to serious injuries.

### A fall can happen at any time:

- Even when you are with your child
- After your child's procedure or after they have been given certain medications, they may be drowsy or unsteady on their feet

- When your child stands on furniture or beds (including parent beds)
- When your child is mobilising whilst attached to an IV pole or other equipment
- From a sleeping parent's arms
- When your child is wearing slippery socks or footwear.

Tell a staff member immediately if your child has a fall.

## What can you do to help keep your child safe?

- Orientate your child to their new bed space
- If your child can use a call bell, make sure it is within reach and they know how and when to use it
- Keep curtains in your child's room pulled back and the door open so your child can always be seen by staff, especially when you are not with them
- Place toys, food/drinks and other items within easy reach of your child
- If your child is in a cot, keep the side rails up in the highest position even when you are there

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- If your child is in a bed, keep the bed in the lowest position to the floor
- Keep the floor clear of any trip hazards such as toys or personal belongings
- Do not let your child run in the hospital or ride on IV poles
- Put shoes or non-slip socks on your child when moving around the hospital
- Tell nursing staff if your child will be left unsupervised, so they can keep a closer eye on them
- Help your child when moving around especially after an operation, when attached to equipment such as an IV pole and pump, or when using crutches
- Use safety straps, belts and harnesses on all equipment including highchairs, prams and wheelchairs
- Ensure your child (up to 18 months of age) sleeps in a cot rather than with you. Sleeping in the bed with your child can increase the risk of a fall



- Learn how to use the brakes on chairs, beds, prams and wheelchairs. If you don't know how to use them, ask one of the staff
- Let staff know if you see any spills or trip hazards.

**Remember falls can happen any time, day or night even when you are there.**

Please talk to our team if you have any questions or concerns.

Together we can keep your child safe.