

# Preventing children from falling in hospital

Leicester Children's Hospital

Information for Patients

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## Introduction

Falls can happen anywhere, even in hospital. You can help us to stop your child from falling.

## How you can help us

- Keep the cot or bed sides up whenever your child is on their own. Please ask us how to use the sides safely.
- Do not let your child climb on the cot or bed sides.
- Stop your child from jumping on the bed.
- Keep the area around your child's bed clear and tidy. We need to be able to get to your child.
- Make sure that your hands are on your child when changing their nappy.
- If you are holding your child on your knee and feel sleepy, please put them back into the cot or bed.
- Please keep the cot and bed side clear of any items such as toys.

## Leaving your child alone

- Show your child how to use the call bell so that they can call us when you are not there. Make sure that your child has the call bell when you leave.
- Place items that your child may need close to them such as drinks.
- Do not leave your child alone in a parent bed.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.uhleicester.nhs.uk](http://www.uhleicester.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [uhl-tr.informationforpatientsmailbox@nhs.net](mailto:uhl-tr.informationforpatientsmailbox@nhs.net)



- Put cot or bed sides up when you leave your child's bedside, even if you are only a short time away from them.
- Let us know if you are leaving the ward.

## Moving around

- Make sure your child has non slip footwear on their feet when they are moving around.
- Help your child to walk to the bathroom or toilet. Especially if they have had an operation. Ask a member of staff if you need any help.
- Be careful of wet floors. If you see a wet floor then please let us know.
- Use the safety belts when using highchairs, infant seats or strollers.
- If your child has been given crutches or a walking frame to help them move around. Please make sure they are using them as they have been shown.

## What to do if your child has a fall

- Tell a member of staff straight away.
- The Nurses and Doctor's will check that your child is okay straight away.
- We will report all falls . This report will help to stop falls by looking at what made the child fall.

## Contact details:

For more information on how to reduce falls in hospital, please speak to the nurse in charge, who will be able to help you.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।  
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [uhl-tr.equalitymailbox@nhs.net](mailto:uhl-tr.equalitymailbox@nhs.net)

