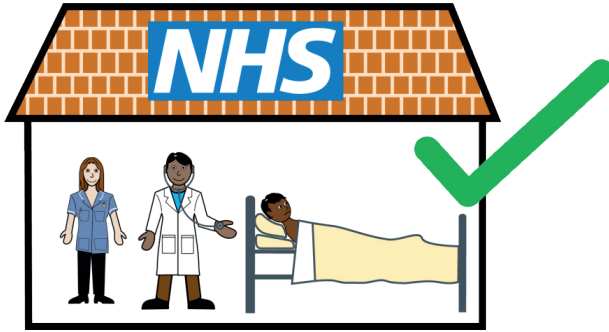
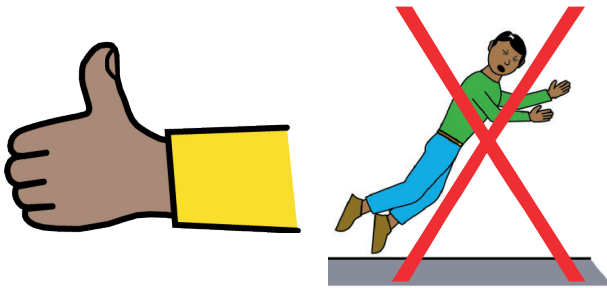


Staying steady while you are in hospital

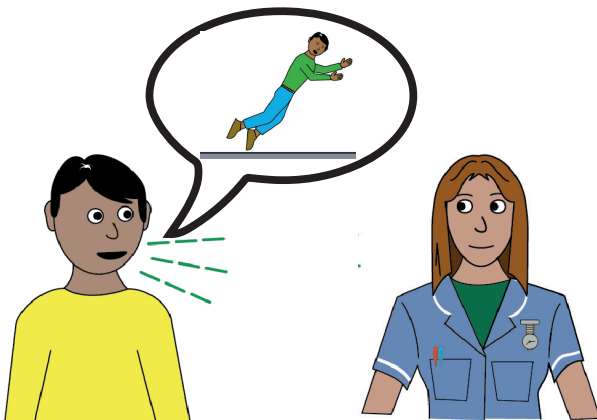




We want you to stay safe while you are in hospital.



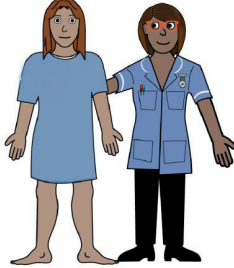
This leaflet shows you the things you can do so you do not fall.



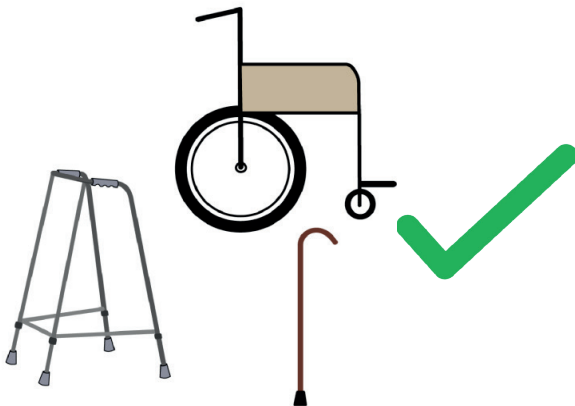
Tell the nurse if you have fallen over before.



**Use your
call bell to
call a nurse
if you need
help to move.**



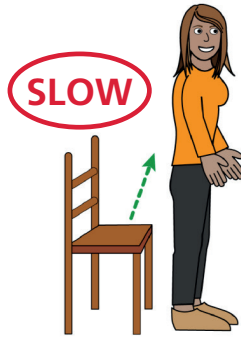
**Wear your
glasses.
Make sure
they are clean.**



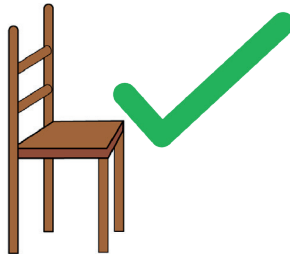
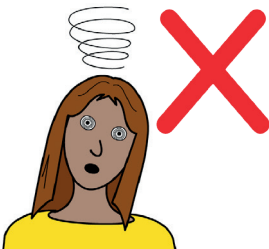
**Use your
walking aid.**



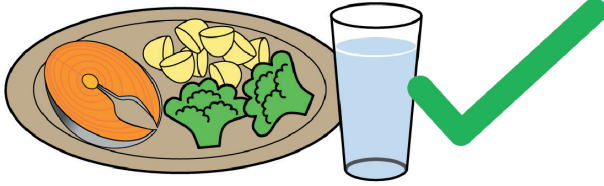
Before you get up, move your legs up and down.



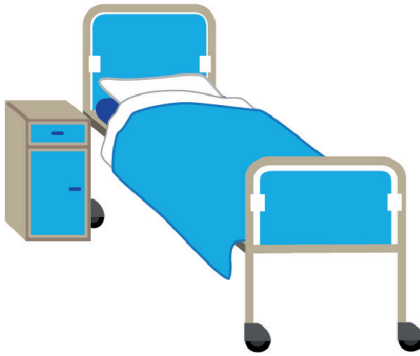
Get up slowly.



If you feel dizzy just sit down. Call the nurse.



Eat and drink well. This helps keep you strong and steady on your feet.



Know what is around your bed.



Make sure your shoes are safe and fit well.



**Take care in
the toilet.
Ask for help.**

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**This leaflet is intended for patients receiving care
in Brighton & Hove or Haywards Heath**

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The information in this leaflet is for guidance purposes only and is in no way
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