Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

How to prevent a fall (easy read)

Version number: **1.0**
Last modified date: **12th November 2026**

How to Prevent a Fall (Easy Read)

Introduction

This leaflet provides important information on how to prevent falls, especially for patients in the Trauma & Orthopaedics Department. For more detailed patient information leaflets, visit the Trust website or scan the QR code available in the department.

Why Preventing Falls is Important

Please remember that a fall could result in:

- A head injury.
- A dislocation of your new joint.
- Your wound may open and require further attention, increasing the risk of infection.
- A visit to the operating theatre for further surgery.
- An increased length of stay in the hospital.

This can be prevented by following all instructions and asking for assistance from any member of staff.

Steps to Prevent a Fall

> Please tell the nurse looking after you if you have fallen in the last year, if you are worried about falling, or if you have a history of falls.

- Always use your call bell if you need help to move or mobilise to the bathroom.
- Make sure your glasses are clean and ask for help if you have trouble seeing.
- Follow your physiotherapy instructions and do not walk by yourself unless advised by the Physiotherapist.
- If you feel dizzy, inform the ward staff immediately.

- Drink plenty of fluids and eat well.
- Keep your bed area tidy and free from clutter to avoid trip hazards.
- Ensure your shoes or slippers fit well and have a good grip.
- Do not attempt to go to the bathroom by yourself unless advised it is safe to do so.

Comments, Compliments, or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential advice, information, and support to patients, relatives, friends, and carers.

Contact Us:

- Tel: 01942 822376 (Monday to Friday 9am until 4pm)
- Address: The Patient Relations/PALS Manager, Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust, Royal Albert Edward Infirmary, Wigan Lane, Wigan WN1 2NN

Ask 3 Questions

Become more involved in decisions about your healthcare by asking these questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?

How We Use Your Information

For details on how we collect, use, and store your information, please refer to the patient information leaflet, Ref. Corp 006 "How we use your information," available on the Patient Information Leaflets page on the Trust website.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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