

Fall Alert Prevention

Simple Steps Can Prevent Falls

- Patients at risk of falling should not walk, use stairs, or go to the washroom alone.
- When eShifa staff are not present, a family member or caregiver should assist the patient.
- Help the patient sit for a moment before standing and stand up slowly.
- Keep the prescribed walker or walking stick within reach.
- Wear well-fitting, non-slip footwear.
- Keep floors dry and walking areas free from rugs, wires, and clutter.
- Keep commonly used items and a phone within easy reach.
- Ensure good lighting, especially near the bed, stairs, and washroom.
- Inform the healthcare team if the patient feels dizzy, weak, confused, or has difficulty walking.

If a Fall Occurs

- Stay calm.
- Do not move or lift the patient immediately.
- Check for pain, bleeding, injury, or loss of consciousness.
- Call emergency services if the patient is unconscious, has a head injury, severe pain or bleeding, or cannot move.
- Inform the eShifa healthcare team through **051-8901090, 0330-9134390** about every fall, even if there is no visible injury.

