

Five important safety tips for your hospital stay



1

Preventing pressure ulcers

Change your position at least every two hours.



2

Preventing falls

Ask for help when getting out of bed, out of a chair or off the toilet.



3

Hand washing

Remind staff and visitors to wash their hands.



4

Patient identification

Make sure staff checks your identity when they give you medicines or perform a procedure.



5

Speak up

Speak up when you don't understand or if you have concerns.

