

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.

