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.