



Call, don't fall.

We are glad to assist you. **Press the call button** and we'll be here to help with:

- Getting to the bathroom
- Assisting with newborn cares
- Needs you may have

Be Aware of Bathroom Risks

At Saint Alphonsus, we strive to make your stay as safe and pleasant as possible. One of the most common situations in which falls occur is getting to or from the bathroom and using the shower.

- Cesarean section, epidural, pain medication, Magnesium and other IV infusions may increase your risk of falls. Do not walk independently until cleared by your nursing staff.
- Request assistance from nursing staff until your strength and mobility have been confirmed by your nurse, especially following delivery.
- Ensure adequate time for transfers by planning ahead with nursing staff.



Patients, family, friends, caregivers and the hospital staff must work together to ensure a safe hospital stay. Please check with your staff if you have any questions or concerns about safety and preventing falls.

Keeping you and your baby safe from falls while in the hospital.



Safety Now and Always





S

Some of the most harmful events (suffocation, skull fracture, etc) occurred when the mother fell asleep while feeding or caring for her baby. Do not be afraid to tell someone (nurse, family member) if you are tired or otherwise need help to feed or care for your baby.

A

All family and friends must be careful when handling the baby. Many of the events happened because a family member fell asleep with the baby in their arms, the baby rolled off a sleeping family member's lap, or the baby was dropped while being transferred to its hospital crib.

F

Findings show some of the most common maternal characteristics associated with newborn falls include the following: high level of fatigue, cesarean birth, and pain medication received by the mother in the last two to four hours.

E

Enjoy your new baby with family and friends. Make sure you and anyone handling the baby is fully awake and aware of how easy it can be to fall asleep while holding the baby. Don't be afraid to ask for help.



Firm, flat, and free of soft items and loose bedding:
These are key ingredients for a safe sleep environment!



Saint Alphonus
A Member of Trinity Health