

Falls Prevention – For maternity services

Mothers of new born babies can fall whilst in hospital which can cause injury

As a new mother you have an increased risk of falling if you:

- Are very tired, disoriented or drowsy
- Have had an epidural, spinal, general anaesthetic, sedation or pain relief medication
- Have had bleeding during pregnancy, birth or postnatally
- Have certain medical conditions such as epilepsy, low blood pressure or diabetes
- Are wearing badly fitting footwear, socks or surgical stockings without shoes
- Have a visual or physical impairment



Mothers of new born babies can reduce their risk of falling in hospital by:

- **Use your call bell** if you require assistance.
- **Take your time.** When getting up from sitting or lying down. Let staff know if you feel unwell or unsteady on your feet. Use stable objects for support.
- **Wear safe footwear.** Only walk around in socks or surgical stockings with non-slip soles.
- **Use a shower chair** when showering.
- **Use the rails** to get off the chair or the toilet. If you feel unsafe in the bathroom, remain seated.
- **Familiarise yourself with your room and bathroom.** Be aware of any hazards (e.g., spills and clutter) and tell staff when you see them.
- **At night.** Use the light button on the call bell to turn on the light before getting out of bed. Turn the light on in the bathroom.

If you do have a fall - do not get up on your own - wait for help.

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How to keep your baby safe from falling:

- **Place your baby to sleep on their back from birth in their safe cot next to your adult bed.**
- **Don't fall asleep while holding your baby** as they can fall from your hold.
- **Never leave your baby unattended** on an adult bed or other surface from which they may fall.
- **Ask for assistance**, when moving your baby from their own safe cot if you feel at risk of falling.
- **When transporting your baby** around the unit **always place your baby in their own safe cot**. Walking with your baby in your arms is not encouraged.
- **Take extra care** when changing nappies and bathing your baby. These are situations where your baby may fall.



Please let your visitors know it is important to move your baby only in their wheeled cots.

Encourage your visitors to make sure that the bedside is clear when they leave and that any **extra chairs are put away**.

