



# Safe Ambulation



To ensure your safety while in the hospital, each day your nurse will evaluate your ability to walk safely. Fall and mobility assessments will be completed twice a day. These assessments are a normal part of any hospital stay and you may not even realize they have happened.



If it's determined you are a fall risk, a caregiver must be with you for all transfers or any time you walk away from the bedside. If transferring out of the bed, you will be asked to sit on the side of the bed for five seconds before continuing.



Your caregiver will then ask you to stand for five seconds to ensure you are safe on your feet in the standing position.



Finally, your caregiver will ask you to march five to ten steps in place at the bedside before walking any further.



While walking, it may be necessary for a second caregiver to walk behind you with a wheelchair for your safety.



The wheelchair will allow you to easily and safely sit if you become tired, dizzy or weak while walking.

