



# NEW MUMS AND BUB CAN FALL TOO



## As a new mother, you are more likely to fall if you:

- > are very tired or weak; feel vague or drowsy
- > have had an injection into your spine to stop pain, a general anaesthetic or calming or pain relief drugs
- > have had very heavy bleeding during the pregnancy, the birth or after the birth
- > have an illness such as epilepsy or diabetes
- > have dizziness or low blood pressure
- > wear loose footwear or socks / surgical stockings without shoes
- > have poor eyesight or problems moving.

## Things you can do to avoid falling in hospital

- > Use the call bell if you need help, and wait until someone comes to help you.
- > Take your time when getting up from sitting or lying down.
- > Let staff know if you feel unwell or unsteady on your feet.
- > Do not lean on objects for support. If you are having trouble walking, let your midwife know.



- > Wear safe footwear e.g. well-fitting slippers, shoes, non-slip soles on socks or surgical stockings.
- > Sit on a chair when taking a shower.
- > Use the rails to get off the shower chair or the toilet.
- > If you feel unsafe in the bathroom, stay sitting and press the nurse call button.
- > Get to know your room and bathroom and where light switches are.





- > Look for things that can trip or make you slip and let staff know about them.
- > Turn on the light before getting out of bed and before going into the bathroom.
- > Ask your visitors to tidy the bedside before they leave and put away extra chairs.

**If you or your baby do have a fall – it is very important that you let your midwife know.**

### How to keep your baby safe from falling

- > Put your baby to sleep on their back in the wheeled cot next to your bed.
- > Make sure you are comfortable and your baby is well supported while you are breast feeding.
- > Do not fall asleep while holding your baby as they can slip from your hold.
- > Never leave your baby alone on an adult bed or other surface from which they can fall.
- > If you feel you might fall or faint, ask for help when moving your baby to and from their cot.

- > Always move your baby around the hospital in their wheeled cot, not in your arms or the arms of your visitors.
- > Do not use your baby's cot as an aid or support for walking or standing as you may tip it.
- > When changing nappies or clothes – have the nappies and wipes nearby before you start, so that your baby is not left alone.
- > Ask visitors to sit down to hold the baby.

## For more information

**Adelaide area:** Call 1300 0 FALLS (1300 0 32557) for information about falls prevention services that are close to you.

**Country SA:** Please contact your local health service for information about services close to you. You can also email the Country Health Falls Prevention coordinator at [Health.CHSAFallsPreventionProject@sa.gov.au](mailto:Health.CHSAFallsPreventionProject@sa.gov.au)

[sahealth.sa.gov.au/falls](https://sahealth.sa.gov.au/falls)

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