



Fred Hutchinson Cancer Research Center  
UW Medicine  
Children's Hospital & Regional Medical Center

## **Partnering to Prevent Falls**

- Ask your care providers about fall prevention
- Tell your care providers if you have fallen at home or if you fall in the clinic
- Wear sturdy, closed-toe, closed heel shoes (like tennis shoes) to the clinic
- Don't walk around the clinic in stocking feet or bare feet
- Ask for help! That is why we are here... to help you and keep you safe
- Move around the clinic carefully
- Tell us if you see anything unsafe in our environment
- Get up slowly after tests and procedures
- If Physical Therapy is recommended, be sure to follow through. Our Physical Therapists are experts in Fall Prevention