

**You and your baby are at an increased risk of falling:**

- If you had a caesarean section or long labour.
- If you have an epidural running or have had one within the last three hours.
- If you had a large amount of blood loss during pregnancy or after your birth.
- If you have pain or have had narcotic pain medications within the last four hours.
- If you feel unsteady, weak or exhausted.
- If you were on bedrest during your pregnancy.
- If you have pre-existing medical conditions or mobility impairments.
- Between the hours of 11 p.m. and 7 a.m.



Image courtesy of SHA Communications

**Ways to Reduce the Risk For You and Your Baby:**

- Never leave your baby unattended on a raised surface such as a bed, sofa or change table.
- The safest place to leave your baby alone is in a bassinet or isolette. Ensure brakes are on, side panels are in place and/or port holes are securely closed.
- If you are feeling tired or drowsy, place baby in bassinet.
- Do not attempt to get out of bed on your own if you feel unsteady or have been assessed at a high risk for falls. Call for help when getting out of bed for the first time and as needed.
- Stand up when lifting your baby out of the bassinet.
- When holding a baby, use both arms and hold the baby close to your body.
- When leaving your room, make sure you're pushing your baby in the bassinet.
- Watch for wet floors, stairs, clutter, and cords/cables when you are carrying your baby.

Wells JN, Newcomb P, Schweitzer M. Work as a team to identify maternal and environmental risks. 2019 Nov;14(11):22–5.

