

MY BONES ARE FRAGILE

Handle Me with Care

- Never push, pull, twist, lift, bend or apply pressure to try to straighten my arms or legs.
- Always make sure the side rails of my bed are secure.
- Be careful to protect my arms and legs when changing my dressings and bedding.
- If you need to help me dress, be extra careful; do not pull my arms through the sleeves or legs through my pants.
- Listen to me when I tell you I don't feel well or have pain.
- Encourage me to walk (if applicable). Walking is excellent exercise for me. If I cannot walk, make sure I have the correct size of walker, crutches or wheelchair.
- Give me time to rest in between cares or activities.
- I have small, fragile blood vessels. Please get help if you need to poke me.
- If my arm is fractured or bowed, do not take my blood pressure on that arm.



**NO
HARM**

Our Patient Safety Journey