

## IF A FAMILY MEMBER FALLS....

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1. **Check for injury:** Do **NOT** get the person up until you are certain there is no serious injury.
  - a. Are they breathing? (If not, call 911.)
  - b. Are they bleeding? (Put pressure on the site of the bleeding and call for help)
  - c. Did they lose consciousness? Are they more confused?
  - d. Where do they hurt? (If light touch increases the pain, there may be a fracture.)
2. Do **NOT** attempt to lift the person by yourself. If you try to lift the person by yourself, this may injure *both* of you.
3. **Call for help.** Keep a list of friends, neighbors, church members and emergency numbers near your phone.

4. **Reassure the person.** They may be confused, frightened or embarrassed. If possible, provide a cover for them. Stay with them until help can arrive.
5. **Ask for details** about the fall from anyone else that may have witnessed it.
6. **Tell your health care team about falls.** A fall can be a symptom of serious problems. Most falls can be prevented. Your doctor, nurse and physical therapist can offer advice and assistance on preventing future falls.

## What to do when you fall....



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# If you Fall at home....

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1. **DON'T PANIC....REMAIN CLAM AND DETERMINED IF YOU ARE HURT.**



2. **ROLL OVER SLOWLY AND TRY TO SIT UP....MOVING SLOWLY WILL HELP PREVENT DIZZINESS.**



3. **LOOK FOR THE NEAREST STURDY COUCH, BED, OR CHAIR...PREFERABLY IN A CARPETED AREA. SLIDE, CRAWL OR SCOOT TOWARDS IT. (AVOID TRYING TO GET UP IN THE BATHROOM WHERE SURFACES ARE HARD AND CAN BE SLIPPERY.)**



4. **Kneel if you can, getting up on one knee at a time.**



5. **Then, stand up using your stronger leg, and use the sturdy chair, couch or bed for support.**



6. **Turn carefully, and sit down.**



**If you cannot get up:** Call for help. If you are alone, crawl slowly towards the telephone and call 911 or relatives. It is important to keep at least one phone where it can be reached from the floor.

**If you cannot move to a sitting position:** keep warm by wrapping yourself in any nearby furniture covers, pillows, towels, jackets, comforter or other available material. Call, if possible, for help.

**Treat all falls as serious!**

Call your doctor or physical therapist even if you were not hurt. A fall can be a symptom of serious problems. Your doctor or physical therapist can offer advice and assistance on preventing future falls.