

FALL PLAN

This printable guide is to be kept wherever you will find it most useful to learn what to do in the event that you fall.

The following steps should be taken to ensure your safety:

- To start, **stay calm**
- **Scan for injuries** and call for help if needed
- **Take your time and plan your moves** before getting up
- When getting up, follow these steps:
 1. **Roll to your side**, then push up onto your elbows
 2. Use your arms to **push yourself onto your hands and knees**
 3. **Crawl to a very stable piece of furniture** (a sturdy chair or bed) and hold on to it for support
 4. **Slide or raise the foot of your stronger leg forward** so it's flat on the floor
 5. Lean forward and **push up using your arms and front leg, slowly rising to a standing position**
 6. Turn around and **sit down for a minute or two to rest**

If a fall is more serious and you do not feel able to get yourself up with this guide, these further precautions should be taken:

- Use your pendant alarm/use speed dial to call neighbours
- Call 999
- Put a cushion under your head
- Keep moving side to side or roll
- Keep your fluids up if you can reach a drink

Similarly, if someone else has fallen:

- Do not try to get them up straight away
- Make sure the person is as comfortable as possible
- Call 999
- If you think they can get up, use the technique illustrated above
- Do not try and lift them unless you are physically strong
- When they are seated and you are both rested, check them for injuries