What to do if you fall at home

FALL

Don’t panic!
Stay quiet for a moment and assess the situation
Check your body
If you are not badly injured, think about whether to get up. If you are injured, (eg. have a broken bone) stay where you are and seek help

Make a decision whether to get up or not

If NOT successful in getting up
Try sliding or crawling to seek help

If successful
Take time to recover

Tell someone you have had a fall and seek medical assistance from your doctor

Make yourself comfortable and warm
Lie quietly after you know someone has responded to your calls for help

To get up off the ground, try this:
1. Roll onto your side
2. Crawl or drag yourself over to the chair
3. Get onto your hands and knees
4. From a kneeling position, put your arms up onto the seat of the chair
5. Bring one knee forward, put that foot on the floor and push up off the ground using that leg and your hands
6. Push up with your arms and legs, and pivot your bottom around
   ▶ Do not pull on furniture as you may pull it over onto yourself

Front door
Telephone
Personal alarm
Loud noise

This flowchart is based on information from Falls Prevention Your Home Safety Checklist Stay On Your Feet WA®
Health Department of WA (HP7926) and Stay On Your Feet Adelaide West (2004)

Queensland Stay On Your Feet®