



What to do if you fall at home

FALL



Don't panic!
 Take a moment to assess the situation

Check your body
 If you are not badly injured, think about whether to get up
 If you are injured, (e.g. have a broken bone) stay where you are and seek help

Make a decision whether to get up or not



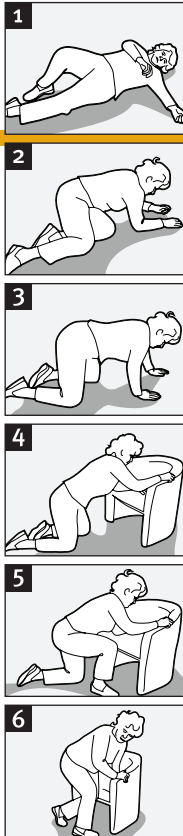
Not injured

If injured

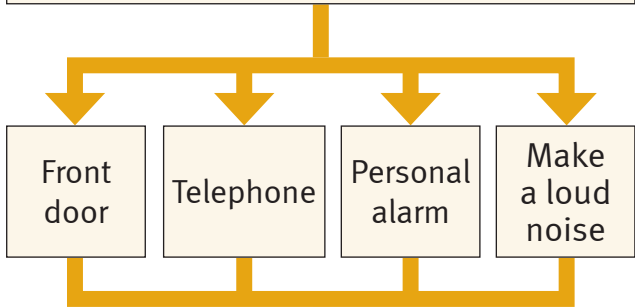
To get up off the ground, try this:

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



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

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)