

No one thinks they're going to fall.

BUT IT HAPPENS. HERE'S WHAT TO DO IF IT HAPPENS TO YOU.



6.
Sit down. Rest
before trying
to move again.



5.
Push up with your arms
and legs. Twist your torso,
holding on to the bench.

1.
Look around for a
something sturdy,
such as a bench.
Roll on your side.



2.
Crawl or drag yourself to the
bench. If you can, pull your
walking aid with you.



3.
From a kneeling position,
put your arms on the seat
of the bench.



4.
Place your strongest foot
flat on the floor.



DEVELOP A PLAN :

Wear a **personal alarm** around your neck.

Keep a **cell phone** with you at all times.

Set up **quick dial numbers** on your phone.

Carry a **whistle**.

Have a friend or family member
call you daily and leave them a **spare key**,
so they can get to you quickly.

Practice getting up off the floor.

IF YOU CAN'T GET UP

Don't panic. Try to stay warm. If injured, stay where you are.

Call for help: a. Make noise. Shout or bang on something.

b. Press your pendant alarm. c. Use the telephone if you can.

Get comfortable: a. Use a cushion or clothing as a pillow.

b. Use a tablecloth or rug as a blanket.

Let your doctor know that you have had a fall.

For more information
and resources, visit
www.safeforelders.com



Nlaka'pamux Nation
Tribal Council

What to do when you witness a fall...



Stay calm. Keep the person calm as well. Instruct him/her to lie still. Check for injuries. Only try to get the person up if it can be done **safely**. **Do NOT** try to **lift** the person up.



Tell the person to push up and rest on their elbows. If needed, help the person roll onto their side and then onto their elbows. Tell him/her to **remain still** for a moment to let their blood pressure adjust.



Place a **sturdy chair** in front of the person. Instruct them to get on **all fours** in preparation for getting up. You may **guide** this motion but **do not** lift the person. If he/she has sore knees you can use a towel as a cushion.



Help the person place their hands on the chair. Guide **one foot** forward and place it flat on the floor. One knee should still be on the ground.



Instruct the person to **slowly** rise to a standing position by using the chair for support. Again, you can **support** and **assist** him/her but allow them to do most of the work. Tell them to pause and to keep their hands on the chair to allow their **blood pressure** to adjust.



Have the person turn and **gently** lower themselves into the seat. Tell him/her to stay seated for a few minutes and assess how they feel. **Call for help** if you see fit. Let the individual's doctor know that they have had a fall.



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*Adapted from Berkshire NHS Falls Prevention Services, UK - www.bhps.org.uk/falls and health.gov.au

IF YOU FALL, THINK **RAISE**



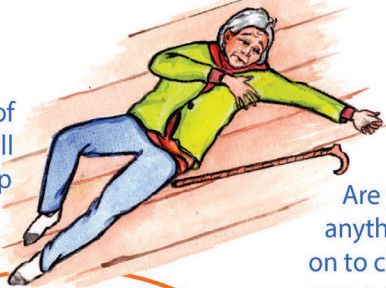
E - Evaluate.

Do you need to go to the doctor? Can you stand? If not, sit down, and rest before trying to move again.



R - Relax.

You might feel a rush of adrenaline. Good. You'll use that energy to help you get up.



A - Assess.

Are you OK?

Are you feeling pain? Is there anything sturdy enough to hold on to close by? Is your cellphone in your pocket? Do you have an alarm pendant. Is anyone near by?



I - Inch.

If there is something sturdy close by or a cellphone you can reach, INCH your way to it by crawling. Take your time.



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Practice getting up off the floor.

S - Steady.

Steady yourself. With your strongest leg, push yourself up to a standing or sitting position, holding on to the sturdy object. Use both your arms and legs to pull yourself up.

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2

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Place a **sturdy chair** in front of the person. Instruct them to get on **all fours** in preparation for getting up. You may **guide** this motion but **do not** lift the person. If he/she has sore knees you can use a towel as a cushion.



4

Help the person place their hands on the chair. Guide **one foot** forward and place it flat on the floor. One knee should still be on the ground.



5

Instruct the person to **slowly** rise to a standing position by using the chair for support. Again, you can **support** and **assist** him/her but allow them to do most of the work. Tell them to pause and to keep their hands on the chair to allow their **blood pressure** to adjust.



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