

Fold 3

Name:

Relevant medical information:

Emergency contact information

Name:

Tel No.:

Falls Action Card

What to do in the event of a fall
*To be carried by people at risk of falling,
for use by befrienders, walk leaders and
informal caregivers.*

Charity number: 1068550



Fold 2

Getting up from a fall



1.
Roll onto your side, then push up on to your elbows.



2.
Use your arms to push yourself on to your hands and knees.



3.
Crawl to a very stable piece of furniture (a sturdy chair or bed) and hold on it for support.



4.
Slide or raise the foot of your stronger leg forward so it's flat on the floor.



5.
Lean forwards and push up using your arms and front leg.



6.
Turn around, sit down and rest for a few minutes.

For further information about the causes of falls and how to prevent them, scan the QR code on the reverse of this card, or visit www.ageuk.org.uk/derbyandderbyshire/falls-advice

Fold 1

Cut here

In the event of a fall, use the flowchart below to identify the most appropriate course of action.



Is the person injured or in pain?

Yes

No

Call 999 first, then the emergency contacts on the back of this card. Do not attempt to help the person to stand as this could cause further injury. Keep the person warm and as comfortable as possible until help arrives.

Is the person able to stand up without assistance?

Yes

No

Encourage the person to stand carefully without offering physical assistance (in case of any hidden injuries), and encourage them to sit still and quietly for at least fifteen minutes in case of the onset of shock. Stay with them if possible and observe for any changes in behaviour or demeanour. Call 111 or 999 if this occurs.

Even if the person appears unharmed, emphasise that they should speak to their GP and offer to call their emergency contact to let them know about the incident.

DO NOT attempt to physically assist the person to stand.

Call either the emergency contacts, 111 or 999, depending on the urgency of the situation. Keep the person warm and as comfortable as possible until help arrives.