

Falls Action Card printable

Print this page and cut around the edges, then fold into a credit card sized card to keep safe in your wallet or purse.

How to fold: Fold top to bottom (1), then top to bottom (2), lastly fold side to side (3) so the words "Falls Action Card" are on facing outwards.



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.







Registered charity number 1068550

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



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 its flat on the floor.



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

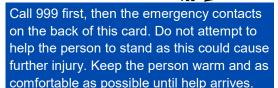


 Turn around sit down and rest for a few minutes.

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

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?



Is the person able to stand up without assistance.



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.

Encourage to person to stand carefully without offering physical assistance (in case of 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 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.

Cut around edge