

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.

↓ 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.



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 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 its flat on the floor.



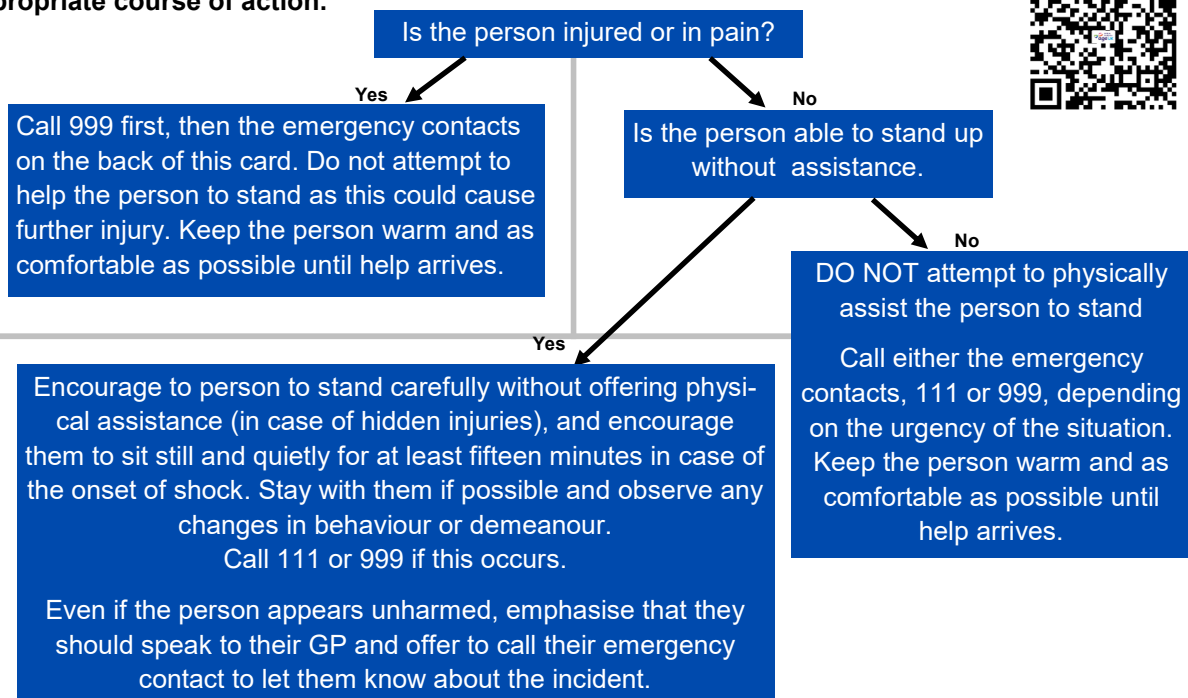
5) Lean forwards and push up using your arms and front leg.



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 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.



Cut around edge

↑ Fold 2

↑ Fold 1