

What to do if you fall - Plan of action

1. Rest. Falling is a shock.
2. Think about your next move.
3. **Are you hurt or unable to get up?**

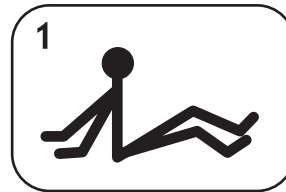
YES

Plan One - comfort plan

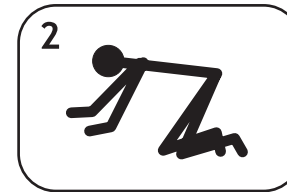
1. **Attract attention**
 - Use your medical or personal alarm.
 - Try to shuffle to the phone.
 - Bang on the wall or floor or use a stick to wave at the window.
 - Shout for help.
2. **Keep warm**
 - Use bedding, coat or tablecloth to cover your feet and legs.
3. **Keep moving**
 - This helps to relieve pressure areas.
 - Keep your feet and hands moving to help circulation.
4. **Bladder control**
 - If your bladder “lets go” while on the floor - move away from the damp area.

NO

Plan Two - Get up from the floor



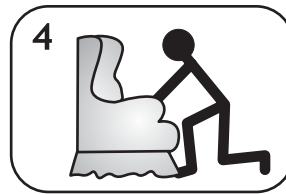
Roll onto your side. Push up into sitting position.



Turn onto your hands and knees. Crawl to the nearest suitable furniture. e.g. bed, chair, sturdy stool.



Place your hands on the surface.



Place one foot flat on the floor.



Lean forward and push up onto the forward leg and into standing position.



Sit. Rest. Then tell someone you have fallen.