

What to do if you fall at home

FALL

DON'T PANIC

Stay quiet for a moment. Assess the situation

Make a decision whether or not to try to get up

I WILL TRY TO GET UP

To get off the ground try this -



IF SUCCESSFUL

Take time to recover

Seek medical advice if necessary

Report your fall and any injuries to your doctor

I CAN'T GET UP

NOT SUCCESSFUL

Try sliding or crawling to seek help

Call Ambulance
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Personal alarm

Call out or make loud noise

Make yourself comfortable and warm. Lie quietly until help arrives

Early treatment and finding the reasons for your fall is important !