

Fall Prevention: How To Handle a Fall¹

Leigh Ann Martin²




Follow these steps to decrease the chance of further injury after a fall.

Don't Panic

After a fall, panic is often the first reaction. It's important to stay calm so you can think clearly and get help fast.

Check for Injuries

Check your body for broken bones. If you are injured, don't get up. Yell for help or crawl to the telephone and call for help.

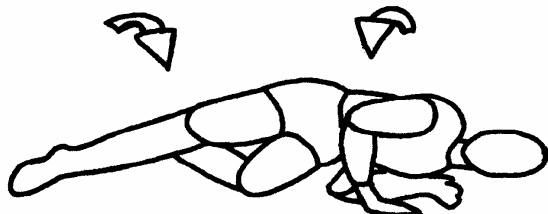


Make a list of phone numbers of people you can call in an emergency. Keep the list by your phone. If you need help immediately, call 911.

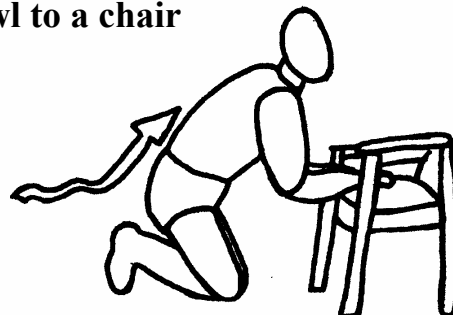
Get Up if You Can

If you can get up, do so slowly. Here's how to get up safely:

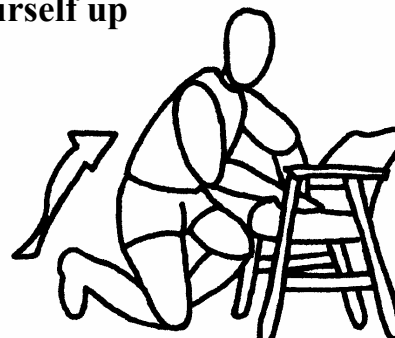
1. Rollover onto your side



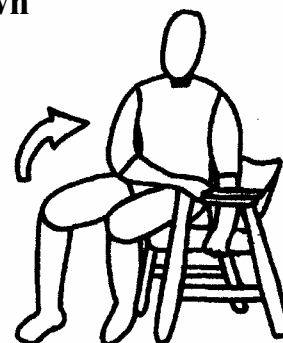
2. Crawl to a chair



3. Pull yourself up



4. Turn & sit down



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