



# What to do if you fall at home

**FALL**

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**Don't panic!**

Take a moment to assess the situation

**Check your body**

If you are not badly injured, think about whether to get up

If you are injured, (e.g. have a broken bone) stay where you are and seek help

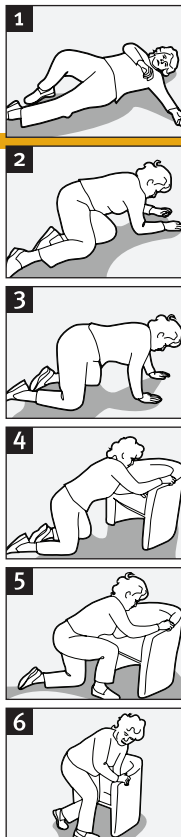
**Make a decision whether to get up or not**

**Not injured**

**If injured**

**To get up off the ground, try this:**

1. Roll onto your side
  2. Crawl or drag yourself over to the chair
  3. Get onto your hands and knees
  4. From a kneeling position, put your arms up onto the seat of the chair
  5. Bring one knee forward, put that foot on the floor and push up off the ground using that leg and your hands
  6. Push up with your arms and legs, and pivot your bottom around
- Do not pull on furniture as you may pull it over onto yourself



**If NOT successful in getting up**  
Try sliding or crawling to seek help

Front door

Telephone

Personal alarm

Make a loud noise

**If successful**  
Take time to recover

**Tell someone you have had a fall and seek medical assistance from your doctor**

**Make yourself comfortable and warm**  
Lie quietly after you know someone has responded to your calls for help

This flowchart is based on information from Falls Prevention Your Home Safety Checklist Stay On Your Feet WA<sup>®</sup> Health Department of WA (HP7926) and Stay On Your Feet Adelaide West (2004)