

Embec Care Ltd The Wise Choice Fact sheet

Action to take in the event of a Fall

In the Bedroom

If you should fall in your bedroom, do not try to pull yourself up with the bed covers. Do it the safe way.

- ❖ Get onto your knees.
- ❖ Place your hands firmly on your bed and push onto one knee.
- ❖ Bring the other leg forward putting foot firmly onto the floor.
- ❖ Lean forward and push into a standing position.
- ❖ Get your balance; turn and sit on the bed.
- ❖ Rest until you feel ready to move again.

Practice how to get up – but never practice alone.

NEAR A CHAIR

- ❖ Take your time, sit up slowly. Look for a firm piece of furniture that you can use as a support, such as a chair or settee. Check for bleeding or broken bones.
- ❖ When you feel ready; shuffle on your bottom or crawl on your hands and knees to the chair or settee. Rest, take a deep breath.
- ❖ Get onto your knees with your hands on the support. Take your time.
- ❖ Push yourself up onto one knee. Do not rush. Take a deep breath.
- ❖ Bring the other leg forward and put your foot firmly onto the floor. Lean forward. Push into a standing position.
- ❖ Get your balance. Then get ready to turn to sit down.

Practice how to get up – but never practice alone.

UNABLE TO GET UP FOLLOWING A FALL

Do you live alone? How would you cope if you fell and sustained serious injury?

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Action Plan

- ❖ Try to stay calm and in control.
- ❖ If you are bleeding heavily put pressure on the cut or elevate the limb to stop the bleeding before you get up.
- ❖ If you think you have broken your ankle, leg or hip – THINK FIRST?
 - a) If someone is calling soon stay where you are keep warm – use newspaper, rugs, clothes. Use your personal alarm if you have one.
 - b) If you are not expecting visitors for quite a few hours try to think of ways of attracting attention. Never try to stand up.
- ❖ Sit up slowly and try to drag yourself on your bottom to a window, a telephone or the dividing wall of your home.
- ❖ Do not be afraid to break a window or make a lot of noise in order to draw attention to your plight.

Plan Ahead – Plan now for an event that might happen tomorrow!