



TOOL:

How to help if a fall happens

If a fall happens, follow these steps:

1. Resist the urge to get the person up right away.
2. Check if they are conscious and for any injuries.
3. Stay calm and reassure them.
4. Determine if they can get up by themselves. Don't try to lift them up.

NO, they can't get up on their own.

Call 9-1-1 for help if the person is injured or unconscious or for a lift assist.

Offer support:

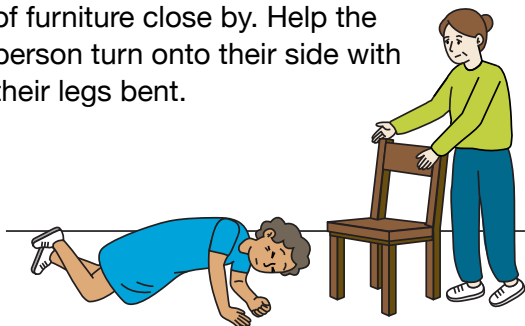
- Tend to any minor injuries if you can
- Help the person into a comfortable position if it is safe to do so
- Use blankets and pillows to keep them warm until help arrives

YES, they can get up on their own.

Coach and support the person through the process of getting up.

Remember, don't try to lift them. They should do most of the work.

- 1. Bring a chair** or sturdy piece of furniture close by. Help the person turn onto their side with their legs bent.



- 2. Placing yourself behind the person** and getting a firm grip on the hips, help the person to a kneeling position with both hands on the chair.



- 3. With their hands still holding on to the chair**, the person should then bring one leg in front of them. It should be their stronger leg. You may help by guiding the person's leg.



- 4. With a firm grip on the hips**, help the person to push themselves up to standing. Once up they should turn and sit on the chair.



**TOOL:****How to help if a fall happens****When to get help after a fall:****Call 9-1-1 if you suspect the person needs emergency care.**

For example, call if they:

- Are unconscious, unresponsive or briefly lost consciousness before or after the fall
- Cannot get up after a fall
- Have severe pain or an obvious injury (such as significant bleeding)
- Are showing signs of a stroke (face drooping, arm weakness or speech difficulty)
- Have difficulty breathing or chest pain

Call the person's medical doctor, telehealth (8-1-1) or seek immediate medical care if the person:

- Has hit their head
- Is dizzy or light-headed
- Has new or worsening pain

Important note: While a bump to the head may seem like nothing, seniors are at higher risk of bleeding in the brain than other age groups. If a person is taking blood thinners, they may have more bleeding. After any hit to the head, it is important to get checked out.