**FALLS PREVENTION SERVICE**

“I’ve had a fall”

“I can get up”

Ease yourself up onto your elbows

Move onto your hands and knees

Hold onto a firm surface to support yourself

Facing the chair ease yourself to a standing position

Turn yourself gently and sit on a firm surface

“Can I attract attention?”

Shout and bang something

Press your pendant alarm or use the telephone if you can

“Can I get comfortable?”

Find a nearby pillow or cushion or use rolled up clothing for a pillow. Keeping a cold drink and plain biscuits within reach from the floor can be helpful

**Can I keep warm?**

Cover yourself with clothing, tablecloth or rug

**Can I keep moving?**

- Move position to avoid getting pressure ulcers
- Move joints to avoid stiffness and help circulation
- Roll away from the damp area if you pass urine

**Always tell your GP or health professional about your fall**

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