

Easy Read

# What to do if you have a fall

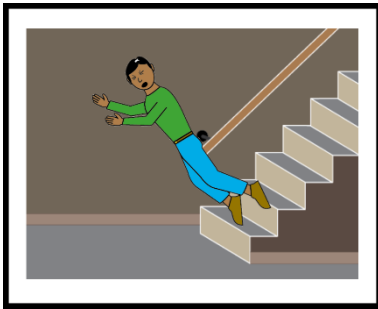
Information leaflet





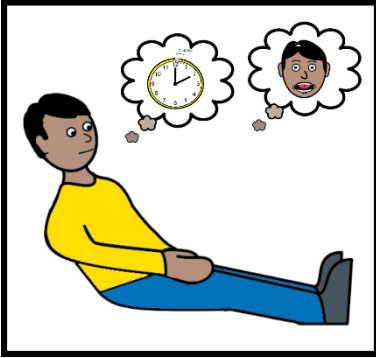
This leaflet uses easy words and pictures.

You might want to ask someone to help you read it.



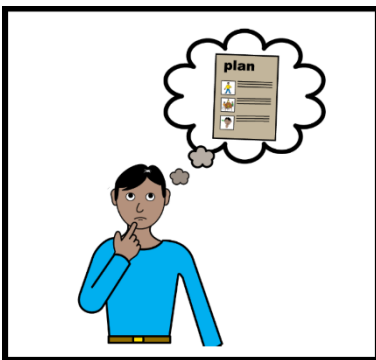
This leaflet is about what to do if you have a fall.

## If you have a fall...



The first things you should do are:

- rest for a few minutes
- take some deep breaths
- give yourself a chance to recover from the shock of falling.

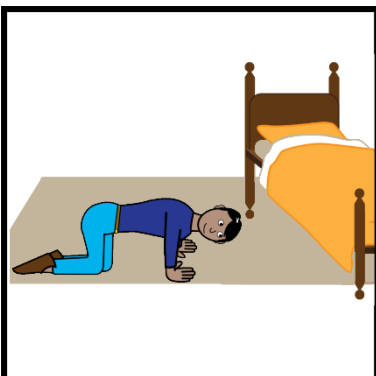


Then you can plan what to do next.

Do the following if you are **not hurt** and **able** to get up...



Roll onto your hands and knees.

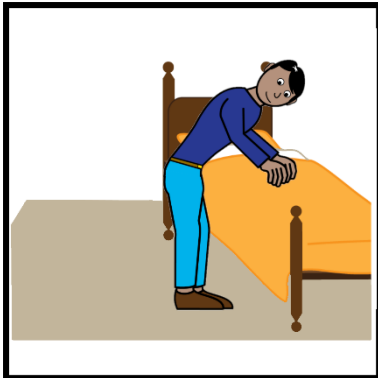


Crawl to a **stable** piece of furniture.  
This might be a bed or sofa.



Hold onto the furniture with both hands.

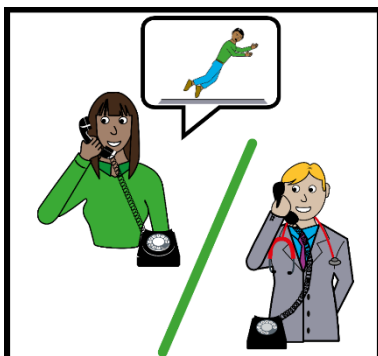
Place one foot flat on the floor in front of you. Push down on your front foot.



Rise into a standing position.

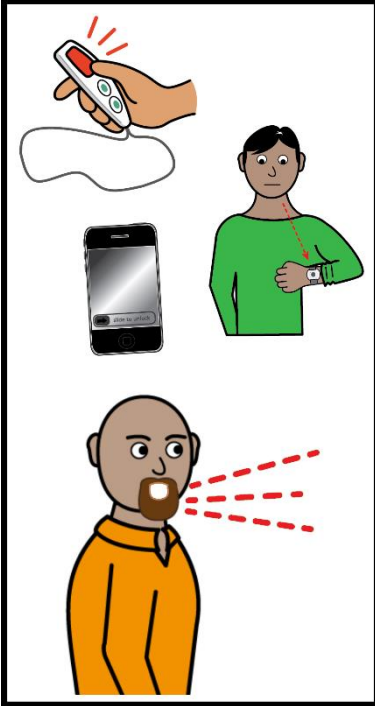


Turn around slowly and sit down to rest.



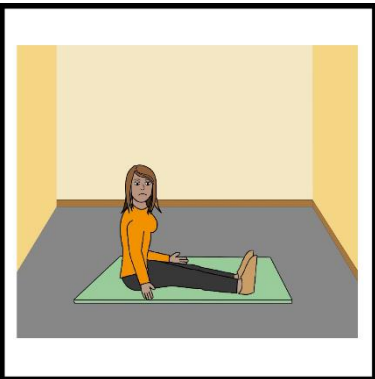
It is a good idea to let your doctor know if you have had a fall.

## Do the following if you **unable** to get up...



Call for help. You could:

- Use your pendant alarm or wrist alarm or mobile phone, if you have one
- Use your warden pull cord if you have one and can reach it easily and safely
- Shout for help or bang on a wall or the floor

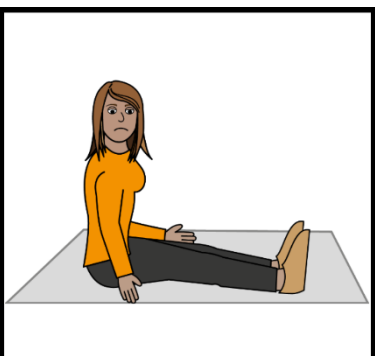


If you are on a hard floor, try to put something soft under you such as a towel, clothing, a blanket or a mat.

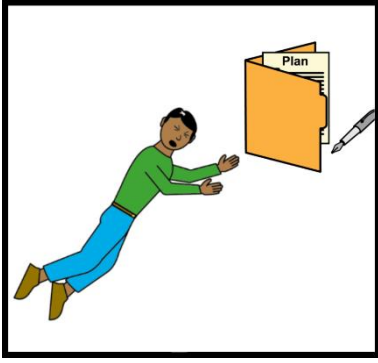


Try to make yourself warm and comfortable.

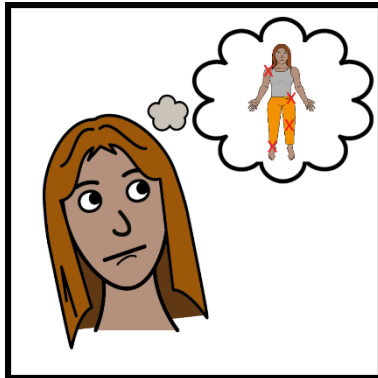
Try to cover yourself, make sure your legs and feet are covered too.



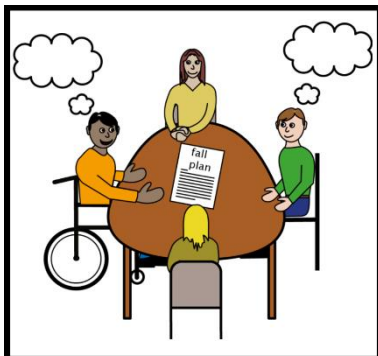
If you can, try to change your position regularly if you are not hurt.



It is important to have a plan to get help if you fall and cannot get up.



This is because being on the floor for a long time could cause other health problems.



Make a plan with your healthcare professional and family.

**LEEDS.GOV.UK**

**Telecare** offer an emergency alarm system which means people can call for assistance in the event of a fall.

Call: **0113 378 3290** or website:

<https://www.leeds.gov.uk/adult-social-care/help-at-home/help-alarms-and-safety-in-the-home>



If you wanted more information about preventing falls or to tell us what you think of our service. You can:

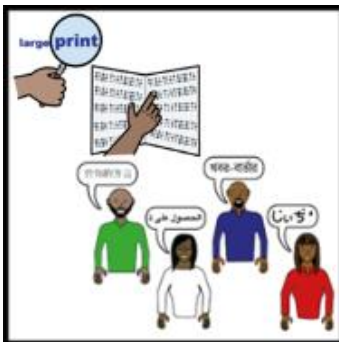


- Talk to a member of staff



- Contact the service involved in your care

### Other formats



If you require this information in other languages, Braille, large print, or audio format please speak to a member of staff providing your care.