



ADVICE

## Falls Prevention Tips Number One

# A guide to what to do if you have a fall

- Falling is a shock to the system
- Having a clear idea of what to do can make it easier and safer to deal with
- Don't panic or try to get up straight away

## Summon help

- ▶ Use your care alarm or pull cord if you have one
- ▶ Try to get to a telephone
- ▶ Bang on the wall or floor- use a stick or shout

## Keep moving

- ▶ This helps to relieve pressure areas and stiffness
- ▶ Keep your hands and feet moving to help circulation

## Keep warm

- ▶ Try to move to a carpeted area if you have fallen on a hard floor
- ▶ Keep warm by using clothing, a cushion, a tablecloth or newspaper for example and cover your feet and legs first.
- ▶ Avoid lying on a wet patch. Use something such as clothing or newspaper to soak it up then try to move away from the patch.

## Getting up from the floor

If you are unhurt and feel able to get up, follow these simple steps:

1. Turn over on to your hands and knees if you can
2. Move along the floor by either crawling or pulling yourself until you get to a stable piece of furniture such as a chair, bed or stool.
3. Place your hands on the chair/bed/stool and put the foot of your stronger leg on the floor in front of you with your knee close to your tummy. You should be in a half kneeling position.

4. Lean forwards, pushing with your hands and feet and bring your second foot up next to the first.
5. Slowly turn around and slide your bottom onto the chair/ bed/stool
6. Sit down and rest for a while before trying to stand up

## Pendant Alarms

- ▶ Help is available 24 hours a day, seven days a week
- ▶ A unit is fitted to your existing telephone point
- ▶ You are issued with a pendant alarm
- ▶ When the pendant is pressed, the alarm calls the operator who will be able to talk to you anywhere in your home.
- ▶ The operator will contact someone you trust who has a key to your home, or the emergency services.
- ▶ The cost of pendant alarm services is different for each provider

## Local community alarm providers include:

Telecare  
(Countywide) 01525 862461  
(Bedford) 01234 228328

Care line  
(South Beds) 01582 603893 & 03003 008303

Lifeline  
[lifeline@centralbedfordshire.gov.uk](mailto:lifeline@centralbedfordshire.gov.uk)  
(Bedford) 03003 008146

Care-Link  
(Bedford) 01234 716420

Telehealth (Central Beds)  
[www.nhs.uk/planners/yourhealth/pages/telecare.aspx](http://www.nhs.uk/planners/yourhealth/pages/telecare.aspx)

## Further information

For more information about how to avoid a fall, go to: [www.ageuk.org.uk](http://www.ageuk.org.uk) and search Staying Steady.

If you have any concerns or need advice about accessing NHS services, you can enquire in confidence on 01525 864405 or [enquiries@bedfordshireccg.nhs.uk](mailto:enquiries@bedfordshireccg.nhs.uk).

Leaflets available in this series:

1. A guide to what to do if you have a fall
2. A guide to safe footwear
3. A guide to safe transfers on/off chairs and bed
4. A guide to the safe use of walking aids
5. A guide to the safe use of wheelchairs
6. A guide to reducing the risk of falls due to medication
7. A guide to diet and nutrition
8. A guide to keeping warm

© NHS Bedfordshire Clinical Commissioning Group 2016. This leaflet may not be reproduced in part or full without the consent of the NHS Clinical Commissioning Group.

