

# Fall Prevention: How To Handle a Fall<sup>1</sup>

Leigh Ann Martin<sup>2</sup>



Follow these steps to decrease the chance of further injury after a fall.

## Don't Panic

After a fall, panic is often the first reaction. It's important to stay calm so you can think clearly and get help fast.

## Check for Injuries

Check your body for broken bones. If you are injured, don't get up. Yell for help or crawl to the telephone and call for help.



Make a list of phone numbers of people you can call in an emergency. Keep the list by your phone. If you need help immediately, call 911.

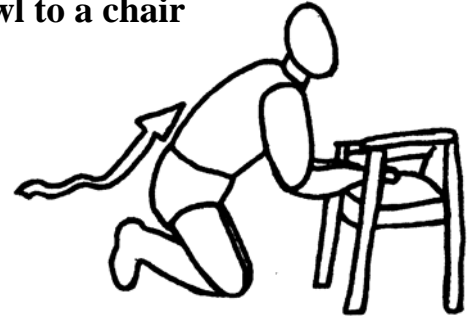
## Get Up if You Can

If you can get up, do so slowly. Here's how to get up safely:

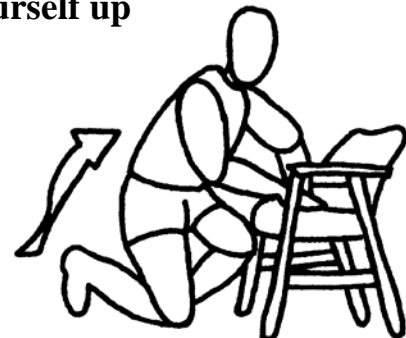
### 1. Roll over onto your side



### 2. Crawl to a chair



### 3. Pull yourself up



### 4. Turn & sit down



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2. Leigh Ann Martin, MS, former assistant-in, Department of Family, Youth and Community Sciences, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Reviewed by Linda B. Bobroff, PhD, RD, LD/N, Department of Family, Youth and Community Sciences, University of Florida.