

Fall Prevention: How to Handle a Fall¹

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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.

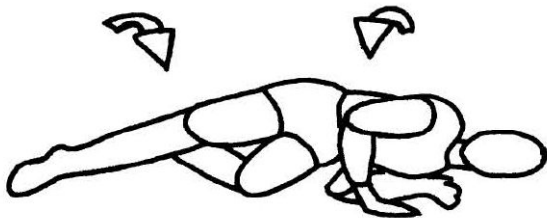
Check for Injuries

If you think you may have a broken bone or other injury, don't get up. Yell for help or crawl to the telephone and call for help.

Get Up If You Can

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

Roll over onto your side



Crawl to a chair

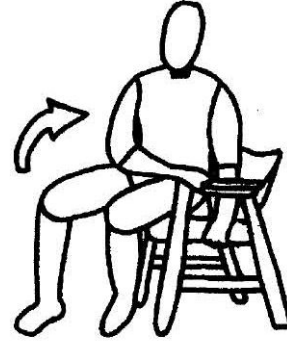


1. La versión español de este documento es *Prevención de Caídas: Como manejar una caída* (FCS2233-Span). This document is FCS2233, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. Original publication date: April 2005. Revision publication date: October 2011. Visit the EDIS website at <http://edis.ifas.ufl.edu>.
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Pull yourself up



Turn & sit down



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