

# What to do when you witness a fall...



**1**  
**Stay calm.** Keep the person calm as well. Instruct him/her to lie still. Check for injuries. Only try to get the person up if it can be done **safely**. **Do NOT** try to **lift** the person up.



**2**  
Tell the person to push up and rest on their elbows. If needed, help the person roll onto their side and then onto their elbows. Tell him/her to **remain still** for a moment to let their blood pressure adjust.



**3**  
Place a **sturdy chair** in front of the person. Instruct them to get on **all fours** in preparation for getting up. You may **guide** this motion but **do not** lift the person. If he/she has sore knees you can use a towel as a cushion.



**4**  
Help the person place their hands on the chair. Guide **one foot** forward and place it flat on the floor. One knee should still be on the ground.



**5**  
Instruct the person to **slowly** rise to a standing position by using the chair for support. Again, you can **support** and **assist** him/her but allow them to do most of the work. Tell them to pause and to keep their hands on the chair to allow their **blood pressure** to adjust.



**6**  
Have the person turn and **gently** lower themselves into the seat. Tell him/her to stay seated for a few minutes and assess how they feel. **Call for help** if you see fit. Let the individual's doctor know that they have had a fall.



**Nlaka'pamux Nation  
Tribal Council**

For more information and resources, visit [www.safeforelders.com](http://www.safeforelders.com)

\*Adapted from Berkshire NHS Falls Prevention Services, UK - [www.bhps.org.uk/falls](http://www.bhps.org.uk/falls) and [health.gov.au](http://health.gov.au)