What to do in the event of a fall To be carried by people at risk of falling, for use by befrienders, walk leaders and informal caregivers.

Charity number: 1068550





Getting up from a fall



Roll onto your side,

then push up on to

your elbows.



Use your arms to push

yourself on to your

hands and knees.

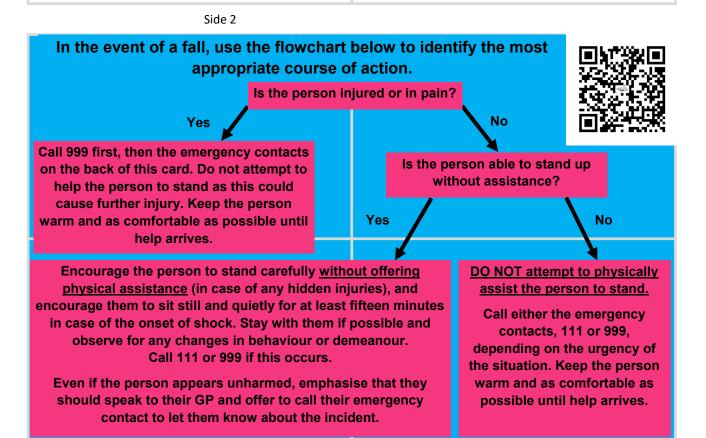


Crawl to a very stable piece of furniture (a sturdy chair or bed) and hold on it for support. Slide or raise the foot of your stronger leg forward so it's flat on the floor.

Lean forwards and push up using your arms and front leg.

Turn around, sit down and rest for a few minutes.

For further information about the causes of falls and how to prevent them, scan the QR code on the reverse of this card, or visit <u>www.ageuk.org.uk/derbyandderbyshire/falls-advice</u>



**Emergency contact information** 

Relevant medical information:

<u>Name:</u>

Name:

<u>Tel No.:</u>

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