

## NEWICK PAROCHIAL CHURCH COUNCIL

### First Aid for Falls

Look after your own safety, check nothing will harm you like a slippery floor or ice on a pavement. In the street check if there is a danger from traffic, call for help from passer's by who can phone, warn traffic etc.

Speak to the person, if not breathing normally or unconscious **Call 999** and take advice from the call centre. If unconscious but breathing normally place in recovery position.

If conscious reassure the person, check for bleeding, use gentle pressure with a clean pad covering a bleeding wound if necessary. **Call 999**.

Does it look as if the person has fractured any bones, communicate and listen to them, if so keep them still and **Call 999** Keep them warm and reassure them.

If the person is not badly injured reassure them, if they are able to move make them comfortable where they are laying, a fall can be a huge shock for older people. If the person is unable to manoeuvre themselves up from the floor **Call 999** Do not try to lift them yourself.

If a person feels able to turn over and get up from their knees using a chair or furniture to lean on as they pull themselves up, offer encouragement and practical help but do not take the weight of that person yourself.

When safely up continue to provide reassurance and attend to minor abrasions. Offer help to contact next of kin or discuss if the person needs to see their G.P.

Each situation will be different, why did the fall happen, are there ways of avoiding this happening again.

Contact your team leader and record the incident.

Dealing with an emergency situation can be very stressful, do discuss it with your team leader and also any follow up actions needed.

**PLEASE NOTE THAT THERE IS AN AED MACHINE IN THE TOILET BLOCK OF THE BARN CENTRE WITH ACCESS 24 HOURS WITH A "BREAK BOX" KEY ON THE WALL OF THE FACILITIES – there is an automatic light that comes on at night if anyone enters the corridor to collect the AED.**

It is registered on The Circuit website which enables control room staff to help callers locate the nearest device to an incident. It also sends me a reminder when pads or battery are due for replacement. It is on the extensive newick village AED map. I check the AED at least once a week for battery health and examine the components regularly to ensure everything is ready for use. It has been called for once but not needed, it does show the value of having it available. Training is not needed to use it but first aid training including CPR and AED is desirable.

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