

WHAT TO DO AFTER A FALL

Simple steps to help respond safely after a fall at home or in the community.

Stay Calm

- Encourage the individual to remain calm
- Do not rush to stand up immediately
- Take a moment to assess for pain or injuries

Check for Injuries

- Look for bleeding, swelling, or bruising
- Check for dizziness or confusion
- Ask about pain in the head, neck, back, hips, or legs
- Monitor for difficulty moving or standing

Call for Help if Needed

- Call **911** for serious injuries, severe pain, loss of consciousness, or difficulty breathing
- Contact a medical provider if symptoms develop after the fall
- Notify caregivers, family members, or support staff as needed

Monitor After the Fall

- Watch for increased pain or weakness
- Monitor for changes in balance, walking, or confusion
- Observe for signs of fatigue or unusual behavior

Review Safety Concerns

- Identify possible causes of the fall
- Check the area for hazards such as clutter or poor lighting
- Discuss ongoing fall concerns with providers or support teams

Notes
