



If no response:

DRSABCD

- Check for **DANGER** (e.g. water on the floor which you could slip on)
- If no danger, approach, call their name, gently tap their shoulder, ask if they are OK and see if they **RESPOND**. If they respond do as per instructions above. If they do not respond, call 000 and **SEND** for help. If you are able, check **AIRWAY, BREATHING**. Start **CARDIAC** compressions if necessary. **DEFIBRILLATE** if one is available.
- If back or neck injury is suspected, **DO NOT MOVE THE PERSON**. If no back or neck injury suspected, put victim in Recovery Position, monitor breathing, and observe for shock.

After a fall, even if no obvious injury, watch for these signs and seek medical assistance if present:

- unconsciousness (even if brief)
- sleepiness/ is difficult to wake up
- balance issues/dizziness
- breathing problems
- odd behaviour/irritability
- clear fluid or bleeding coming from nose, ears or mouth
- pain/increasing pain
- vomiting
- problems with vision

References

Public Health Agency of Canada

'If You Fall or Witness a Fall, Do You Know What To Do?' 2016

<http://bit.ly/1Wm0ksr>

FirstAidGuide.net

Falls

www.firstaidguide.net/falls/

SA Falls and Falls Injury Prevention Fact Sheet 7

'Standing up to Falls'

<http://bit.ly/2mOxWz4>

Revised and re-published by the Commonwealth of Australia 2011

'Don't Fall For It - A guide to preventing falls for older people'

<http://bit.ly/2nQD5br>

St John Ambulance Australia

DRSABCD action plan

<http://bit.ly/1FvG12i>

Need support? Calvary Community Care can support safe, independent living at home with a variety of services and expert advice. Call 1300 66 00 22 for more information.