# Calvary Community Care First Aid For Falls

Falls and Injury Prevention - How not to fall for it



If you can get up, try to relax, check for injuries and make sure you're ok. Take your time getting up. If you can't get up, if you feel any discomfort or pain, and you are unable to get up, try to call for help. If you are the witness, stay calm and help the person to remain calm. If the person cannot get up, call for help and administer first aid if you are able to do so. Help the person find a comfortable position and keep them warm. Stay calm and calm the person. If the person appears able to get up, assess for injury assist to stand.

### Assessment is the first step in administering first aid

Before you can know what type of care you need to give, you must first determine if there are any injuries:

Identify yourself, and ask if you can help.

**If no danger present**, approach the person and ask if they are ok. If they respond:

- tell the person not to move. Ask what happened, whether they are having trouble breathing, and if, and where, they hurt/are sore.
- Check their head, and body for injuries. Look for bleeding, bruising, swelling, or other

- obvious injury. Feel for any bumps or irregularities on the arms or legs, but **DO NOT** touch or move any area that is painful. Be sure to tell the person what you are going to do before you do it ... seek permission.
- If you think there may be a neck or back injury,
   DO NOT move the person or allow them to move. If bleeding, control the bleeding.
- Either assist to stand if no injury, or call 000 ambulance if there are concerns. Make comfortable and keep warm. Monitor until the ambulance arrives.





If no response:

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- 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. DEFRIBRILLATE 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/2m0xWz4 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