

# What to do IF SOMEONE HAS FALLEN,









especially a senior 

Falls are a leading cause of hospitalization among older individuals, impacting confidence and future mobility. The risk of falls in the elderly is heightened due to potential risk oversight and strong independence. Confusion and home hazards further contribute to these accidents.

## FIRST AID FOR FALLS



-  1.1 Approach calmly, checking for dangers to yourself and the individual
-  1.2 Follow **DRSABCD**
-  1.3 If conscious, talk to them, inquire about injuries, and assess for bleeding or bruising
-  1.4 If they might have a neck or spine injury, avoid moving them. Call an ambulance and reassure them until help arrives.
-  1.5 Apply firm pressure to any bleeding
-  1.6 If signs of shock appear, lie them back, raise their legs, and seek medical help.






<b>D</b>	Check for <b>Dangers</b>
<b>R</b>	Check for <b>Response</b>
<b>S</b>	<b>Send</b> for help. Call 000
<b>A</b>	<b>Airway</b> Open mouth. Check for obstructions
<b>B</b>	<b>Breathing</b> . Normal? Yes - put in recovery position No - start CPR
<b>C</b>	<b>CPR</b> 30 compressions: 2 breaths
<b>D</b>	Attach <b>Defibrillator</b> (AED) as soon as available, follow prompts



## THE INITIAL ACTION PLAN OF DRSABCD

In an emergency call triple zero (000) for an ambulance. Continue CPR until the ambulance arrives or the person responds

## IF NO OBVIOUS INJURY OR MEDICAL CAUSE

-  2.1 Help them into a sitting position slowly, watching for pain, discomfort, or dizziness.
-  2.2 With assistance, guide them into a chair or back to bed
-  2.3 Reassuringly check for unseen injuries, crucial for diabetics as they may not feel the injury 
-  2.4 Monitor them for 24 hours, inform next of kin, and complete an accident form if possible

If the person is unconscious and not breathing, proceed with **DRSABCD** and perform **CPR** until help arrives.