

What do I do if I or someone else falls?

CDC statistics show 1 in 5 adults over 65 fall one time each year....

Anyone who falls is shaken and somewhat disoriented... approach them and ask for permission to help unless begging for help, (Implied consent). Anything hurting? Moving all body parts? Identify yourself, and what you are capable of doing:

1. Assess condition – Breathing normally? Bleeding? Confused or disoriented after a few minutes?
Call 911 if concerned or no training...Securitas gets dispatch.
2. Ask the victim to stay put for a few minutes (at least 5) unless it appears that they are bleeding or otherwise in need of immediate intervention. Let them organize their thoughts and re-assess their injuries.
3. If an animal is involved, control the animal while the victim is resting
4. If they are on their back, and able to get up, start the process slowly..
5. Have them go onto all fours from their position, and either pull up from you if you are able, or from a tree, or chair to get to standing. See video -(google “how to get up from a fall to the floor” ...they suggest a few tricks!!)
6. Be sure that the person has good balance.. but assume they do not, and either contact folks who can help or walk them home to be sure they are safe.

This is where you appreciate the data you have on all residents, and email contacts you collect!

Thank you for all you do!! Arlyss

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