

Fall Proof!

It's never too late to improve your balance and reduce your chances of a trip. Here are some tips to avoid falling in the first place, and to get up again if you do take a tumble.



Keep moving

If you sit for long periods of the day, your circulation can slow down and you might find your joints feel stiffer than usual. This can put you at risk of a fall when you stand up. If you have been sitting for longer than 20-30 minutes, think about getting up and moving about. Try these simple seated activities to loosen up in the morning before you start your day:

- **Toe and heel taps** – five times each foot
- **Straighten knees one at a time** – five times each leg
- **Gently march your knees up and down** for ten to 15 seconds before you stand
- **Shuffle up to the front third of your chair** and push up through your legs to standing; gently stretch your back and neck by standing as tall as you can.

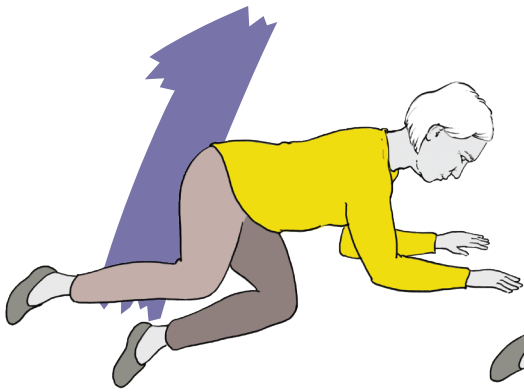
Follow these tips to help avoid a fall at home:

- **Organise your home** to keep climbing, stretching and bending to a minimum and to avoid bumping into furniture
- **In the kitchen**, move crockery and heavier items that you use regularly to a waist-high shelf
- **Mop up spillages** straight away so there is no risk of slipping
- **Take care when getting up** in the night to go to the bathroom. Have a lamp with a switch nearby to light your way. Use high-wattage light bulbs
- **Remove trip hazards** like clutter, trailing wires, frayed carpet and remove rugs
- **Use non-slip mats**, or put a carpet grip underneath
- **Use a grip mat** in the bath and shower, and if you have them, grab rails for getting in and out
- **Avoid long, trailing clothes** that might trip you up. Tack up a hem or put a belt around your waist and pull the excess material over the belt
- **Wear well-fitting slippers and shoes** in good condition that support the ankle and have a good grip. Avoid walking on slippery floors in socks or tights.

Make a plan in the event of falling at home, this could include wearing an emergency pendant alarm or carry your mobile phone

GETTING UP AFTER A FALL

If you should fall, lie still for a minute, stay calm and check for injuries. If you are unhurt and think you can get up, follow these steps *(rest up between each one if you need to)*.



Roll to your side

Roll onto your side, then push up on your elbows.



Use your arms

Use your arms to push yourself on to your hands and knees.



Crawl to a stable item

Crawl to a very stable piece of furniture (a sturdy chair or bed) and hold on to it for support.



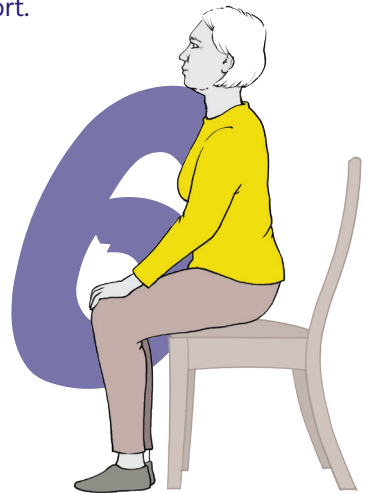
Slide or raise the foot

Slide or raise the foot of your stronger leg forwards so it's flat on the floor.



Lean forwards

Lean forwards and push up using your arms and front leg, slowly rising to a standing position.



Sit down

Turn around and sit down for a few minutes to rest.

Tip

If you can't get on to all fours, bottom-shuffle or roll to a low surface like the bottom stair or a sofa. Sit with your back to it, put your arms behind you on to the surface and push up with your hands and feet, lifting your bottom onto the surface. If using the stairs, go up to the next step before standing up.

**THINK
PHYSIO**
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