

What to Do if Someone Falls

This tip sheet can be used in training or distributed to direct support professionals (DSPs) to share information about what to do when someone falls. This includes the steps to take when a fall happens and details to include in documentation.

If Someone Falls...

Stay calm. Be aware that the person who has fallen may be shaken or even in shock. Carefully and quickly assess the situation.

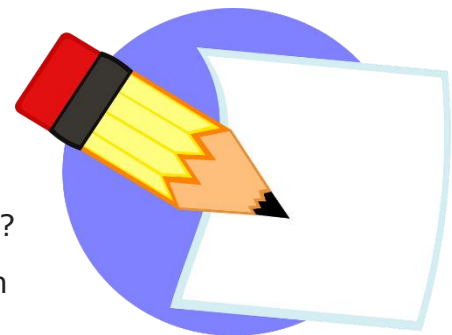
1. **Listen** to what the person is telling you.
2. **Observe** the position of the person's body and look for signs of bleeding, broken bones, or breathing problems.
3. **Ask** the individual what he or she is feeling.
4. **Call 911 for emergency help!** If a person appears to be seriously hurt, is bleeding badly, or complains of sharp pain, **call 911. Do not move them.**
5. **Notify** the person's doctor and give them details of the fall - when, where, and how the person fell.
6. **Document** what happened - both the fall and follow-up. Keep a running log of falls to develop a history of falls.



Documentation

The documentation should be completed after every fall and include:

- **Symptoms** - What happened before the fall?
- **Location** - Where did the person fall?
- **Activity** - What was the person doing at the time of the fall?
- **Time** - What was the date and hour of the day?
- **Incident** - Was there an injury? Did the person receive treatment?



Use a **fall log** for each person to document incidents of falling.