

# What to do after a fall... if you are the WITNESS

If you see someone fall, resist the urge to get the person up immediately.

**First check for condition:** Is the person conscious or unconscious? Does the person appear to be injured? Reassure the person.

If the individual 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 him or her warm using an item of clothing or a blanket.

If the individual appears able to get up, proceed with care and follow the steps below:



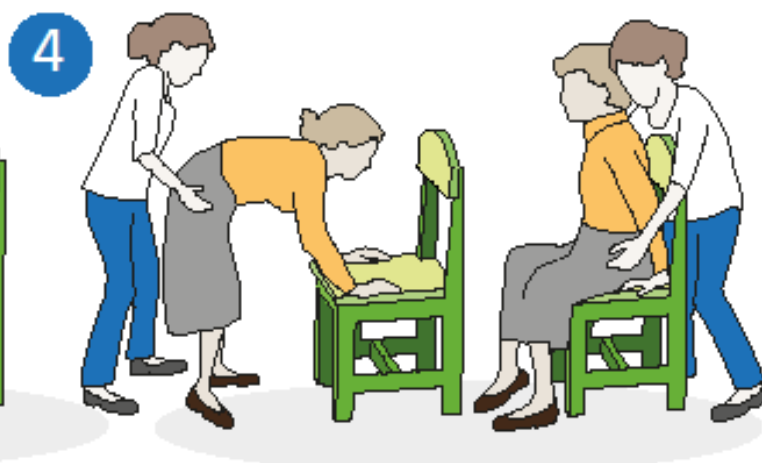
1 Bring a chair close by; help the person turn onto one side and bend the upper leg; help the person into a semi-seated position.



2 Placing yourself behind the person and getting a firm grip on the hips, help the person to a kneeling position with both hands on the chair.



3 Holding on to the chair, the person should then place the stronger leg in front. You may help by guiding the person's leg.



4 With a firm grip on the hips, help the person to stand, then turn and sit on the chair.