NHS
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Had a fall?
Here's what to do

1 Stay calm



Take a moment to check how you feel before trying to move.

2 If you can get up safely



- Roll on to your side, then onto your hands and knees.
- Crawl to sturdy furniture.
- Use it to slowly stand.
- Sit somewhere safe and rest.

3 If you can't get up



- Use your phone or alarm to call for help.
- If you can't reach one, shout or bang on the floor or wall.
- Keep warm - pull a blanket, coat or rug over you if within reach.
- Every 30 minutes, move as much as you comfortably can – wiggle your arms and legs or gently roll side to side.
- If you're going to be on the floor for a long time and have water within reach, take small sips to stay hydrated.

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When to call 999

Call 999 if you or the person who has fallen:

- Cannot get up, even with help
- Is confused, not fully awake, drowsy or vomiting
- Has injured their head, neck, back or hip
- Has severe bleeding



When to contact NHS 111

Visit 111.nhs.uk or call 111 if you've had a fall and:

- You're in pain or feel unwell
- You're worried you might be injured

Helping you stay safe and independent