



Cyngor, Addasiadau a Gwaith Trwsio

**PenCartref**

Advice, Adaptations & Repairs

## How to help prevent falls

- Get up from chairs / beds slowly.
- Don't wear sloppy slippers, buy a new well fitting pair.
- Have a regular eye test.
- Remove or tape down loose rugs to avoid slips & trips.
- Wipe up floor spills straight away.
- If you need to climb – use proper steps
- Keep stairs free from clutter.
- Keep stairways and halls well lit.
- Be aware of pets – dogs and cats can cause trips & falls.

## If you do have a fall

- Don't panic – try and stay calm.
- If unhurt look for something to hold onto.
- Hold onto a firm object for support, place one foot flat on the floor with the knee bent in front of the body.
- Lean forward putting weight on hands & foot until it is possible to place other foot beside the one on the floor, stand up slowly.
- Sit down and rest for a short time

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