

Post Falls Decision Tool

When a person experiences a fall or has been found on the ground, use the following tool to check for any injury or new symptoms prior to moving them. Please then follow the appropriate course of action.

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Is the person breathing and conscious?



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page 2



- Do not lift the person
- Call 999

If unconscious and not
breathing, start CPR.

Does the person have severe or uncontrollable bleeding?

Hint: bleeding which will not stop or slow down using direct pressure



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page 3



- Do not lift the person
- Call 999

Attempt to stop bleeding,
applying pressure where possible.

Does the person have any of these symptoms:

- New central neck or back pain
- Blood or clear fluid coming from inside an ear
- Swelling or bruising around an eye or behind an ear
 - Repeated vomiting since the fall (not before)
 - Has fallen from a height of 1 metre or 5 steps



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page 4



- **Do not lift the person**
- **Call 999**

Is the person showing signs of having a heart attack?

Hint: A feeling of pressure, heaviness, tightness or squeezing across the chest, often combined with one for the following:

Pain that spreads from the chest down the arms (usually the left arm but it can affect both arms), jaw, neck, back or stomach; dizziness; sweating; grey complexion; shortness of breath; feeling sick (nausea) or being sick (vomiting)



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page 5



- **Do not lift the person**
- **Call 999**

Give first aid as needed. Consider making the person comfortable by encouraging / assisting with minimal and regular positional changes to improve comfort and circulation, where appropriate and safe to do so.

Is the person showing any signs of having a stroke?

Think and act FAST

FACE: Has their face suddenly dropped on one side?

ARMS: Are they unable to raise both arms and keep them there (if they were able to before)?

SPEECH: Has their speech become slurred?

TIME to call 999 if you see any of these signs



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page 6



- Do not lift the person
- Call 999

Give first aid as needed. Consider making the person comfortable by encouraging / assisting with minimal and regular positional changes to improve comfort and circulation, where appropriate and safe to do so.

Does the person have any of these symptoms:

- Leg which appears swollen, out of shape, or shorter than the other leg?
 - Foot on injured leg is facing outwards



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page 7



- **Do not lift the person**
- **Call 999**

Give first aid as needed. Consider making the person comfortable by encouraging / assisting with minimal and regular positional changes to improve comfort and circulation, where appropriate and safe to do so.

Is the person showing signs of having had a fit (seizure)?

Hint: Post seizure symptoms can include:

- New confusion or disorientation
- An unusual or unexpected episode of incontinence
 - A bitten tongue



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page 8



- **Do not lift the person**
- **Call 999**

Give first aid as needed.

Consider making the person comfortable by encouraging / assisting with minimal and regular positional changes to improve comfort and circulation, where appropriate and safe to do so.

Does the person have any of these symptoms?

Injury to an arm, new bruises, cuts or grazes, mild pain or discomfort, new dizziness, an episode of vomiting since the fall (not before), or new memory loss



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page 9



- Give first aid as needed
- Safely assist or lift the person from the floor

Before you lift the person - if there are signs of deterioration, you should reassess. Where possible, observe the person for at least 24 hours for any new symptoms.

This guidance covers most but not every possible post-fall scenario. If there are other clinical concerns, discuss whether it is safe to lift the person with a senior member of staff. Contact GP (or NHS 111 if out of hours) for advice and an onwards falls referral.

Is the person taking any anticoagulants (blood thinners)?

Hint: The most common type of blood thinning medicines include Warfarin, Rivaroxaban (Xarelto), Dabigatran (Pradaxa), Apixaban (Eliquis), and Edoxaban (Lixiana)



Safely assist or lift the person from the floor.

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Give first aid as needed

Follow the advice under the green 'NO' on the left