

### Falling Down!

#### Injuries from falls

According to the National Health Service, 55% of all accidents involve falls and most happen in the home. Some common injuries that occur when people fall or they are hit by a falling object include bruising; fractures (broken bones); head injuries; concussion (usually damage to brain tissue); and damage to muscles, joints and internal organs.

#### Examples of risks:

Falls from: ladders, heights, chairs, balconies, stepladders, bunk beds, stairs, trees, roofs, play or gym equipment

#### Key safety messages for the home and workplace:

- Use sturdy, well fitted footwear with good grip if you have to do any climbing (e.g. on a stepladder), and get someone to hold it steady. Test anything you're going to step on before climbing up.
- Use the banister when going up or down stairs. If you're carrying something, keep at least one hand free.
- Remember that open windows and balconies are dangerous, particularly if there are young children or pets in the house.
- Follow the rules or instructions if you're doing any kind of sport and wear the proper protective gear (e.g. helmets, knee pads).
- Let someone know if you're feeling ill, dizzy or faint and sit down until you're ok.



#### Basic First Aid

##### Dealing with fractures

- Call 999 for the ambulance and try to keep the person calm and awake.
- Don't move the person unless they're in danger or endangering others.
- Keep the broken bone still, supporting it with your hands or a sling or splint (long, firm object) if necessary – don't try to straighten it. If a leg is broken, both legs can be tied together for support.
- Check for swelling and remove rings and other jewellery if you can.
- Check for signs of skull fractures (e.g. bleeding from the ear, uneven pupils, running nose).

More information about first aid can be found at the St. John Ambulance website: [www.sja.org.uk](http://www.sja.org.uk)