



## Controlled Falls

When it comes to falls, prevention is the key. Any time that you fall there is a significant risk of injury. However, in the event that a fall should occur, there are few things you can do to minimize injury:

1. Protect your head:
  - a. Tuck your chin down, lowering your head.
  - b. If falling down, face first, turn your head to the side.
  - c. Bring your arms up to head level for additional protection. Put them in front of your head if falling forwards or behind your head if falling backwards.
  - d. If you are taking anticoagulants or blood thinners and fall and hit your head, this may result in a dangerous and life-threatening bleed inside your skull. Call your doctor, who may tell you to go to the hospital for a CT scan.
2. Turn as you fall- try to land on your side instead of your back or front.
3. Keep your arms & legs bent- do not attempt to break your fall with your hands.
4. Stay loose- avoid tensing up, try to breathe out as you fall.
5. Roll out of the impact to dissipate the force of the fall.
6. Spread out the force of the fall to a large, fleshy area rather than a single point of impact