



AMBULANCE FACT SHEET

ISSUED JULY 2009

Elderly prone to falls



Elderly members of the community should be aware of the risk of a simple fall. The following information will assist you in minimising these risks.

For all medical emergencies dial Triple Zero (000) immediately and ask for Ambulance

PREVENTING FALLS

Common injuries caused from a fall include head, back, limb, and hip injuries. To avoid this risk take the following precautions:

- > Take care when walking on uneven surfaces as they may become a trip hazard.
- > When getting out of bed sit on the edge before standing up to reduce dizziness that may lead to a fall.
- > Remove rugs and mats from the home to eliminate trip hazards. Cover and secure electrical cords around the house to reduce trip hazards.
- > Be aware of pets around your legs.
- > Be careful on wet or slippery surfaces.
- > Use caution when using ladders. Hiring a professional trades person is a safer option.

- > It is advisable to leave a spare key with a family member, or trusted friend who lives close by to assist with access to your house in an emergency.
- > Wear correctly fitting shoes.
- > Have a regular eye check to ensure your vision is as good as it can be and wear your glasses if prescribed.
- > Older people should see their doctor or go to hospital after a fall for a check up.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

LIFE...LIVE IT SAVE IT! EDUCATION PROGRAM

The *Life...Live it Save it!* community education program has been developed by the Ambulance Service of New South Wales for retirees aged 55 and over to help them recognise the signs and symptoms of medical emergencies.

The program is designed to be presented to a group and is facilitated by a representative of a local community group such as Rotary, Probus, Lion's Club or similar. Ambulance provides the facilitator with resources to run a group session and participants are provided with take-home resources to reinforce the information provided in the session.

Ask the coordinator of one of your local community clubs to apply for a program kit by emailing: community@ambulance.nsw.gov.au or by mailing a request to:

Public Affairs
Ambulance Service of NSW
Locked Bag 105
Rozelle NSW 2039

For further information please contact: