

Assisting a Falling Resident

Catching and holding a falling resident puts caregivers at high risk of injury. You are not expected to catch a falling resident. However, under certain conditions you may be able to control a fall.

1. **Protect yourself.**
2. **Control the fall.**
3. **Protect the head.**
4. **Get help.**



Position yourself close to the resident.



If the resident starts to fall, move behind and grab the transfer belt or pants.

Get in a lunge position with your knees bent and back straight.



Pull the resident close to your body.

Let them slide down your torso, front leg.

When they near the ground, protect the head with your hands or arms.



Perform your first aid checks and get help as per your facility's procedures.
Don't rush to get the resident back up!