

Fall management

"Of course, we always do our best to look after the elder"
but what if they lose balance or faint suddenly when walking?
What can the carer do?

As a general rule

the carer should stand on the weak or clumsy side of the elder
when escorting or assisting

Should he fall accidentally or suddenly faint while walking
the carer should hold him tight and let him lean towards the carer
Support the elder with your body

then bend your knees

and lower the elder slowly

Keep your back straight tighten up the abdomen

and stand with knees bent at wide base

"Gradually, let the elder lie on the ground safely"

"Alternatively, the carer can put his arms"

under the shoulders of the elder and hold him

Let the elder lean towards him

then bend the knees

to lower the elder slowly

"Again, the carer should keep his back straight"

tighten up abdomen and stand with knees bent

at wide base to let the elder land on the ground safely

"This way, the elder would not suddenly hit the ground and get hurt"
even if he suddenly loses balance

"So remember, the key here is to adopt a correct posture"

and lower the elder slowly to ensure safe landing

When he's on the ground

check his condition

take appropriate first aid measures and seek help