# Fall Recovery

## Edited Video Transcript

### If Your Client Falls

Somebody's on the ground. Maybe you did a controlled lower with them, and they're fine. Nursing has checked them out; they need to help them up. Or, maybe they fell at home; [you] need to help them up. So from here, the easiest way to do it is, [“What] I’m going to have you do is come onto your hands and knees.” They might need help with that. “That's okay. Then just crawl over to a surface, a chair, the wheelchair.” They bring their arms up, then one leg, and use that strong arm, strong leg [to] push up, either to stand or just enough to swing the rear end in. Don't just pick them up off the ground because you're going to be hurt. Their odds of being hurt are actually increased. Now [if] somebody can't do that with help, what do you do? Call an emergency medicine doctor (EMD). Call 911 if they can't do that with help. It is not safe for you to get them up. It is not safe for a caregiver to get them up, all right? So you need that extra guidance and assistance, more skilled staff. Good?