

Patient Handling Controlling a Fall

If a patient begins to fall, and you are unable to correct the imbalance, do not try to catch them or prevent them from falling. Learn how to safely assist them to the ground.



Move behind the patient and widen your stance.



Keep your body as close to the patient as possible.



Grasp the gait belt, or patient's hips, and guide them back towards you, onto one of your legs.



Slowly guide the patient's descent, lowering yourself while you guide them safely to the ground. Protect the patient's head.