

Fall prevention and first aid in limb injury.

Fall prevention

- Stay physically active – Yoga, strengthening exercises, improve balance and strength.
- Maintain health – good diet, water intake, control of comorbidities like Hypertension and diabetes.
- Use proper eye glass and hearing aid.
- Get enough sleep.
- Stand up slowly – use rule of 10 while awaking from bed.i.e count 1 to 10 each time while from supine to sitting, sitting to standing and standing to walking.
- Use an assistive device if you need help, feeling steady when you walk.
- Find out about the side effects of any medicine you take
- Limit the amount of alcohol if you take.
- Focus on your mind set.

First aid after a fall and limb injury

- Falls can cause broken bones like wrist, arm, ankle and hip fracture
- After a fall work out if you are hurt. Take a few minutes to check your body for any pain or injury. Then if you are not hurt try to get off the floor
If you can't call for help. Keep warm and moving best as you can while waiting.
- Put a rigid material (splint, stick, umbrella, card board etc.) next to the injury and tie or tape it in place.
- If toes or fingers become pale, cold or numb – loosen the splint immediately.
- Elevate the part on a pillow or arm sling.
- Apply Ice.
- Remove any compressing article like bangles, rings or bracelets before swelling sets in.
- Seek medical attention as soon as possible