

Falls prevention checklist

Everyday prompts for care teams, and what to do after a fall

Based on NICE guideline NG249 (2025) and NHS advice. Follow the person's care plan and your post-falls procedure.

Service / area	Completed by	Date

The person

- ☐ Their care plan records their falls risk factors and what helps.
- ☐ Footwear fits well and has a good grip.
- ☐ Glasses and hearing aids are clean, working and worn.
- ☐ Call bell, walking aid and a drink are within reach.
- ☐ Continence needs and toilet routines are supported.
- ☐ They are encouraged to stay active, as their plan allows.
- ☐ Changes are reported, such as new confusion, dizziness, unsteadiness or not eating and drinking.
- ☐ Their medicines are reviewed, as recommended by NICE.

The environment

- ☐ Floors are clear, dry and free of trip hazards such as loose wires or rugs.
- ☐ Lighting is good, including at night.
- ☐ Bed and chair heights suit the person.
- ☐ Grab rails and non-slip mats are in place where needed.

If someone falls

1. **Stay calm and reassure them.** Don't rush to get them up.
2. **Check for injury and responsiveness** using your first aid training. Unresponsive or not breathing normally: call 999.
3. **Call 999** if they may have injured their head, back, neck or hip, or can't get up.
4. **Don't lift someone who may be injured.** If uninjured, help them up using their moving and handling plan.
5. **Keep them warm and comfortable** and stay with them.
6. **Record and report**, and follow your post-falls procedure.
7. **Review the care plan** and falls risk factors.