Khoo Teck Puat Hospital
NHG Health

Yishun Community Hospital
NHG Health

Adding Years of Healthy Life

Department of
Rehabilitation Services - Physiotherapy

Falls Prevention and Recovery

- ❑ Have you had one or more falls in the past year?
- ❑ Have you had multiple near falls?
- ❑ Do you feel unsteady while walking or standing?
- ❑ Do you feel easily fatigued and weak?
- ❑ Are you concerned about falling?

If you answer "Yes" to any of the following questions, you are likely to be at risk of falls!

What to check after a fall?

- Is the person conscious?
- Is there severe pain?
- Is there any breathing difficulty?
- Is there fluid or blood from nose, ear or mouth?
- Did the fall involve serious injury to the head, neck, thighs or hips?
- Does he/she have significant difficulty moving and/or attempting to get up?

When to seek medical attention at your family doctor?

- Persistent limb pain
- Nausea or vomiting
- Dizziness
- Ringing in the ears
- Persistent headaches

When to escalate and call 995 for an ambulance?

If '**Yes**' has been answered to any of the above questions after the fall

Falls Recovery Technique

Getting Up After A Fall

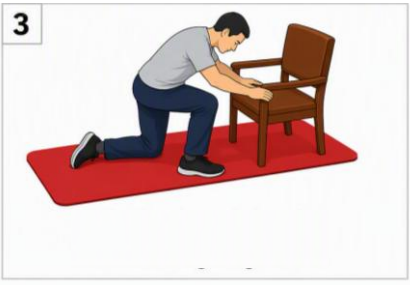
Look for a sturdy piece of furniture, e.g. a chair



Roll onto your side.



Crawl toward a chair or steady furniture.



Put hands on chair and push into kneeling position with the stronger leg in front.



Stand up and turn to sit onto chair.

Falls Recovery Technique

Helping Someone Get Up After a Fall



Guide the person to roll onto their side.



Place a sturdy chair in front of the person. Help them into a kneeling position.

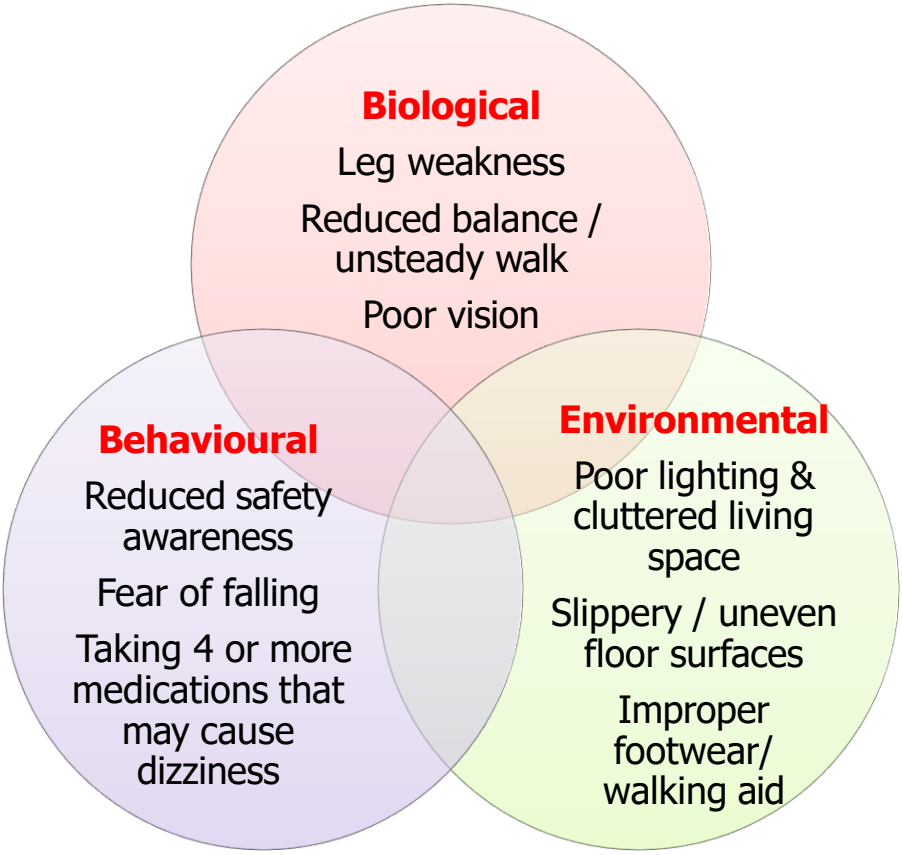


Guide the person to bring one leg forward before pushing up from the chair with both hands.



Guide them at the hips to sit onto the chair.

Examples of various fall risk factors:



The more risk factors you have, the higher your chance of falling.
One can actively reduce the potential risk of falling by managing the factors above.

Speak to your physiotherapist or doctor about how to reduce your personal fall risk factors.

© Khoo Teck Puat Hospital Pte Ltd 2026. All rights reserved. All information correct as of Aug 2026. No part of this document may be reproduced, copied, reverse compiled, adapted, distributed, commercially exploited, displayed or stored in a database, retrieval system or transmitted in any form without prior permission of Khoo Teck Puat Hospital Pte Ltd. All information and material found in this document are for purposes of information only and are not meant to substitute any advice provided by your own physician or other medical professionals.

REHAB.PE.PT.0826