



Fall Recovery Manoeuvre - Competency Assessment		Observational Checklist	
Assessee Name	Assessee Sign		
Date	Location		
Observations		YES ✓	NO ✗
1.	Do not hurry, take your time Do not try to get the person up straight away. Let them rest in the position they landed. If they report injuries or pain at any time, make them comfortable and keep them warm. If they have hit their head, do not move their head. Call an ambulance, contact the CCM or call 24/7 1800 717 590.		
2.	Be calm Calm the person and yourself. If the person has shock symptoms, ask the person to take deep slow breaths. If the shock symptoms last for longer than 5 minutes, call an ambulance. (Shock symptoms are: shaking, cool clammy skin, weak or rapid pulse, rapid short breaths, altered mental state i.e. confusion, sleepiness, reduced alertness and eye contact). Contact the CCM or 24/7 1800 717 590.		
3.	Check for, and ask them about any pain or injuries If you observe the person is badly injured, they need to stay where they are. Make the person as comfortable as possible and call an ambulance. Stay with the person, keep them warm and reassure them that the ambulance is on the way.		
4.	Check capability If the person is not injured and they believe they can get up , commence the fall recovery procedure, steps 5-9 below. Get two sturdy kitchen chairs, place one near the person's head and one near their feet. If they are still not capable of getting up, call an ambulance.		
5.	If capable, guide lightly It is important that the fallen person does the work. You should only be lightly guiding the person. Instruct the person to roll onto		



Observations		YES ✓	NO ✗
	their side and then their stomach, providing light guidance to assist their movements. Then instruct the person to place their hands palms down on the floor near their shoulders and then guide the right knee to the right shoulder (frog leg position).		
6.	Direct the person to kneel Instruct the person to push their upper body up, and at the same time place your hands gently around their hips and guide hips up, until the person is in a kneeling position (on all fours). Place a towel or pillow under their knees if they are sore.		
7.	Place the first chair Place the first chair in front of their hands. Ask the person to place one hand at a time on the chair seat, then push the chair seat close to their stomach so they can lean on it. Then instruct the person to bring one knee forward and at the same time push up through their hands and bring the other knee forward. The person should be in a semi-squat position.		
8.	Place the second chair While they are in a semi-squat position, push the second chair under the person, gently touch the front of the chair seat on the back of their knees. Guide the person back into the chair, do not lift the person! They should be doing the work.		
9.	Check the person Once the person is sitting up, a chair close to them, sit on it and talk to reassure and comfort them. Check their eye contact, ask if there is any pain, dizziness, nausea. Make a sweet warm drink to reduce their potential reaction to shock symptoms.		
10.	Report Keep the person in view and contact the supervisor. Follow the supervisor's instructions which may include contacting the person's GP to advise the person has had a fall. Complete an incident report and send it to the supervisor asap.		
Assessor Name		Assessed as Competent (write YES or NO) →	
Assessor Sign		Date and Location of REASSESSMENT	