



NO FALLS

FOUNDATION

**What to do
following a fall
from height**

The following is a list of items you may wish to consider in the event of a fall from height. This information is intended as guidance only – you are advised to seek your own advice appropriate to your circumstances



What to do immediately after an accident

This may be yourself or a friend or family member

Ensure that you seek appropriate medical attention if you have received an injury or prior to returning to work.

You need to report the accident to your employer as soon as possible. Ensure that they have recorded it in the accident report book.

If your employer does not have an accident report book or they do not record it, record the details of the incident which led to your injury. Send one copy to your employer and keep one copy for your records. If you are not able to do this, you can get a family member or friend to do this for you. Ask them to record doing this.





What to do immediately after an accident

Collate evidence such as photos of the location of the accident and your injuries and contact details of anyone who witnessed your accident. Make a note of all the details of the incident and ask any witnesses to do the same.

Keep copies of all records and correspondence you generate.

If your accident is reportable under RIDDOR (see <https://www.hse.gov.uk/pubns/indg453.pdf> for information on what is reportable) ensure that your employer has reported it. If necessary, you can report your accident online here <https://www.hse.gov.uk/riddor/report.htm#online>

Contact No Falls Foundation for advice and assistance: nofallsfoundation.org





What financial support may be available?

You can get free and impartial money advice at the money advice service <https://www.moneyadviceservice.org.uk/en> and specific advice if you are ill or disabled following an accident here <https://www.moneyadviceservice.org.uk/en/categories/disability>

There are various benefits that you may be entitled to if you have a disability following an accident.

This link gives a summary of what may be available
<https://www.gov.uk/financial-help-disabled>

You can use the following websites to find out what assistance you may be entitled to
<https://www.turn2us.org.uk/>
<https://www.entitledto.co.uk/>
<https://www.betteroffcalculator.co.uk/free>





What financial support may be available?

There is help available if you are unable to return to work. This may include

- Statutory sick Pay
- Industrial Injuries Benefit
- Claim for compensation if you think the accident was someone else's fault
- Interim payments

If you're disabled or have a physical or mental health condition that makes it hard for you to do your job you can get help from Access to work <https://www.gov.uk/access-to-work>

A family member may access benefits on your behalf if you are incapacitated or in a coma.





Making a Personal Injury claim

You may wish to make a personal injury claim if you think the accident was your employer's fault. If you do, you'll need to get advice from a solicitor specialising in these types of cases and contact them as soon as possible.

You should be aware that making a personal injury claim can be expensive, time consuming and a lengthy process in itself. Make sure a solicitor explains what's involved so that you fully understand the process, your options and your rights before proceeding.

You can find a solicitor who specialises in personal injury at the Law Society <http://www.lawsociety.org.uk/for-the-public/>

If you are in Scotland you can find a solicitor specialising in personal injury at the Law Society of Scotland <https://www.lawscot.org.uk/>

You can also visit the Association of Personal Injury Lawyers <https://www.apil.org.uk/> a not-for-profit organisation representing injured people, to find a lawyer.

Tel: 0115 943 5400





Transport and home

If your accident has led to a decrease in mobility you can find equipment to assist you at Ask Sara <https://asksara.livingmadeeasy.org.uk/>

You can apply to your local authority for help with home adaptations <https://www.gov.uk/apply-home-equipment-for-disabled>.

You can also contact the Occupational Therapy department to see what assistance they can offer you.

If you are under 65 and have difficulty walking or getting around you may be entitled to a mobility payment as part of your Personal Independence payment. If you are eligible for the enhanced mobility payment, you can use this to lease a car, scooter, powered wheelchair or wheelchair accessible vehicle as part of the motability scheme. You can find more information here <https://www.motability.co.uk/about/>

You can find out about community transport services if you have difficulty using public transport at <https://www.gov.uk/community-transport-services-shopmobility>





Befriending service

At the No Falls Foundation we are able to offer support from our volunteers who have previously experienced a fall from height. It can be helpful to talk to someone with a shared experience and who understands the impact a fall from height can have. If you would like to talk to someone please contact the No Falls Foundation.





Other resources for support

There are many charities offering help and advice if you have experienced an accident.

The following organisations can offer help with mental health

<https://www.samaritans.org> offer help 24 hours a day, 365 days a year

<https://www.mind.org.uk/>

<https://www.mentalhealth.org.uk/your-mental-health>

For emotional and financial help if you are in the construction sector you can contact the Lighthouse Club

<https://www.lighthouseclub.org/get-help-now/>. They also have a 24 hour construction industry helpline.

Band of Builders <https://www.bandofbuilders.org/> is run by tradespeople for tradespeople and aims to help in the construction industry when times get tough





Other resources for support

Have you experienced the loss of a loved one?

During this difficult time, you can find support from the following organisations

<https://www.cruse.org.uk/>

Cruse bereavement care offer support and also advice on practicalities <https://www.cruse.org.uk/get-help/practicalities> after the loss of a loved one

At a loss <https://www.ataloss.org/> help the bereaved find support

You can also find practical advice from the Government on what to do when someone dies <https://www.gov.uk/when-someone-dies>

Money Advice Service <https://www.moneyadvice.service.org.uk/en/categories/when-someone-dies> offers financial advice from paying for a funeral to claiming bereavement support and other benefits as well as dealing with finances

