

FITNESS & MOBILITY EXERCISE (FAME)

GUIDELINES FOR EMERGENCY PROTOCOL

In the event that a participant experiences a cardiac arrest, another stroke, or becomes unconscious, call 911.

Signs of a stroke – remember the acronym F.A.S.T.:

Face: is it drooping?

Arms: arm weakness

Speech: speech difficulty (slurring, jumbled speech)

Time: call 911 right away!

What to do after a participant falls:

- Let the person rest in the fall.
- If they feel they can get up, assist them to sitting.
- Call a family member to assist them to go home.
- They should follow up with a doctor if they suffer any cuts, experience any headaches, lingering pain or nausea.
- If the fallen person is in significant pain, assist the person to make them more comfortable, and call 911.
- If the person is in pain, and cannot get up, call 911.

**THESE ARE GENERAL GUIDELINES ONLY.
PLEASE BE FAMILIAR WITH AND FOLLOW YOUR
SITE-SPECIFIC FIRST AID & EMERGENCY
PROTOCOLS.**