

Your RoSPA

FALL FIGHTER

Welcome Guide



accidents don't have to happen

In partnership with



Congratulations

on becoming a **RoSPA Fall Fighter!**

Now that you've completed the fall fighter session, you've become part of our global fall fighting community. Together, we can help prevent the number of injuries caused by accidental falls.

We hope that the session has given you the skills and confidence to help support your loved ones and prevent falls. Gentle conversations, and positive simple changes can make a huge difference in the battle against accidental falls.



Remember,
every **action counts**, no matter how small.



Working with our partner, insurer RSA, we've put together a web hub full of information and tools, including: exercise demos, home safety videos, downloadable checklists and an exercise tracker – all available for free!

Visit the **web hub**
rospa.com/falls

What's next?

Now that you've completed the session – **your mission isn't quite over yet!**

With more than a third of people over the age of 65 having a fall which requires hospital treatment every year, we need more people to join our movement and become Fall Fighters.

Falls are on the rise, and you can't tackle them alone! The more people armed with an understanding of how falls can impact our loved ones, the more people we can help. Plus, **RSA has pledged a donation of £5 to RoSPA** for every person that completes the Fall Fighter session, helping support our vision of life, free from serious accidental injury.

To help you with your mission, we've put together a **digital toolkit** to encourage your friends, family, colleagues and social followers to get involved.

Don't forget to **download** and share your certificate and badge with pride.

After all, you never know who YOU might inspire!



Your mission:

1. **Download** your digital toolkit



2. **Spread the word**
and get others involved



3. **Use your training**
to help your loved ones



**Thank you for becoming
a RoSPA **Fall Fighter**!**

**rospa.com/fall-fighter
#FallFighter**

