



The Slip and Fall Checklist

What to do, in order, so nothing gets missed

Most people get up, apologize, and walk away. That is the mistake. This is the list, start to finish.

Presented by Fibers Neurological Institute

RIGHT NOW: BEFORE YOU MOVE

- ☐ **Do not rush to get up.** Take a few seconds. Getting up fast is how people make an injury worse.
- ☐ If you can, stay where you are until you know you can move safely.
- ☐ **Call 911 if anyone hit their head, cannot get up, or is in serious pain.**
- ☐ Do not say "I'm fine" out of embarrassment. You do not know yet.

If you hit your head, passed out, feel confused, have numbness, weakness, or cannot move a limb, tell 911 right away. That is an emergency, not a wait and see.

BEFORE YOU LEAVE: PHOTOGRAPH EVERYTHING

The hazard will be cleaned up within minutes. Your photos are the only proof it existed.

- ☐ **The exact spot you fell,** close up
- ☐ The hazard itself: the spill, ice, loose mat, broken step, cord, uneven pavement
- ☐ A wide shot showing the whole area and how it looked walking up to it
- ☐ Lighting conditions, especially if it was dark
- ☐ Any warning sign that was there, or a clear shot of the area showing there was none
- ☐ The shoes you were wearing, still on your feet
- ☐ Any visible injuries
- ☐ The time on your phone in a shot, or check your photos have timestamps

Take more photos than you think you need. Someone will mop that floor before you get to your car.

BEFORE YOU LEAVE: REPORT IT

- ☐ **Tell a manager, supervisor, or property owner.** Not just an employee. Find whoever is in charge.
- ☐ **Ask for an incident report to be filled out.** Most businesses have one.
- ☐ Ask for a copy, or a photo of it, before you leave.
- ☐ Get the name and title of the person you reported it to.
- ☐ Write down the business name, address, and the exact time.

Ask about video

- ☐ **Ask if the area is covered by security cameras.**
- ☐ Ask them to preserve the footage. Say it out loud to a manager and note who you asked.

Footage is often overwritten in days. Asking early matters.

Get from anyone else

- ☐ Names and numbers of any witnesses
- ☐ Names of employees who saw it or came over to help

TODAY: REPORT AND DOCUMENT

- ☐ **If it happened at work**, report it to your employer today. Workers' comp has its own reporting deadlines and often requires an authorized provider.
- ☐ **If it happened at a business or someone's property**, notify them in writing too, not just verbally.
- ☐ Keep the shoes and clothes you were wearing. Do not wash them.
- ☐ Save every receipt connected to the fall.

Keep a simple log

Start a note on your phone. Every day, write down:

- ☐ How you slept
- ☐ Anything that hurts or feels off
- ☐ Work you missed
- ☐ Appointments, calls, and who you spoke to

THE ONE EVERYONE SKIPS: GET EVALUATED

You got up and walked out. Now get looked at.

- ☐ **See a medical provider.**

Fibers Neurological Institute is a Florida practice focused on brain, spine, and nerve injuries from trauma. Call **786-522-9825** or start with the intake form at **intake.neurofibers.com** so someone looks at you.

Falls are deceptive. Adrenaline and embarrassment mask a lot in the first hour. Back, neck, hip, and head injuries from a fall often do not show up for days. People brush it off and cannot bend over a week later.

An evaluation is not the same as going to the emergency room. It is a provider looking at you, listening to what happened, and documenting where you are starting from.

- ☐ **If you hit your head at all, get evaluated.** Even without losing consciousness.
- ☐ If you already went to the ER and were sent home with little guidance, that is not the end. Follow up.
- ☐ Tell the provider everything, even the small stuff. Headaches, trouble sleeping, trouble focusing, dizziness, numbness, mood changes.

Higher risk after a fall: anyone over 65, anyone on blood thinners, anyone who is pregnant, and anyone who landed on their head, hip, or tailbone. Get seen, do not wait.

THE FOUR STEPS

Most people do one of these. Do all four.

1. **Photograph** the hazard before it disappears
 2. **Report** it to a manager and get an incident report
 3. **Preserve** witnesses and video by asking today
 4. **Get evaluated** so someone looks at you. Fibers Neurological Institute, 786-522-9825, or intake.neurofibers.com
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WHERE FALLS HAPPEN MOST

Not to scare you. To help you recognize a hazard before it gets you.

- ☐ Wet or freshly mopped floors with no sign
 - ☐ Store entrances on rainy days
 - ☐ Loose mats, rugs, and torn carpet
 - ☐ Uneven sidewalks, potholes, parking lot cracks
 - ☐ Poorly lit stairwells and missing handrails
 - ☐ Spills in grocery aisles
 - ☐ Cords, boxes, and debris in walkways
 - ☐ Ice on walkways and in cold storage areas
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NOT SURE WHAT TO DO NEXT?

That is the hard part. Knowing where to go and what level of care makes sense.

TraumaDrama is the number to call. We are the outreach side of Fibers Neurological Institute, a Florida practice focused on brain, spine, and nerve injuries from trauma. We will help you figure out your next step and connect you with our medical team.

Message us at **traumadrama.ai**

Call **786-522-9825**

Start your intake at **intake.neurofibers.com**

More at **neurofibers.com**

This checklist is general information, not medical or legal advice, and it does not guarantee any insurance or claim outcome. For an emergency, call 911.