

# How to Deal with the Potential Injuries of a Slip and Fall Accident

Did you injure yourself by falling due to a poorly placed café sign on the sidewalk? You may be eligible for a premises liability claim. Premises liability law holds property owners liable for any injuries that occur due to their negligence on their premises.

It would help if you considered [hiring a dedicated slip and fall injury attorney](#) to file a compensation claim and negotiate with insurance providers. Depending on the details of your accident, the compensation you're owed can change significantly.



Dealing with potential injuries from slip and fall accidents

Every year, over 600,000 injuries are reported due to falls. According to the National Security Council, these accidents result in a range of physical injuries, including:

- Cuts and bruises
  
- Sprains
  
- Fractures
  
- Soreness or pain

Sustaining injuries due to a fall can be disorienting, not to mention lead to costly medical bills. The following sections guide victims on how to deal with common injuries that result from falls.

## Fractures

Fractures are broken bones. These need to be treated immediately to heal properly. If fractures are not given proper medical attention or if the bones have pierced the skin, it can also lead to bacterial infection.

If someone around you has suffered a fracture, this is what you should do:

1. Call 911
  
2. Avoid moving the swollen area
  
3. Apply ice packs to relieve any pain or swelling

Once the fracture has been treated, it is essential to follow your doctor's advice for your bones to heal properly. General tips include resting well and not moving the fractured area. The cast shouldn't come in contact with water.

## Cuts and bruises

Cuts and bruises are common injuries caused by falls. The impact of the fall can cause bruises in the area of impact. Cuts happen if the person comes in contact with a sharp object while falling.

If the cuts and bruises you sustained from a fall are minor, you may not need medical care. However, if the cuts are deep or there is severe bleeding, you should get immediate emergency care. Here are some essential first-aid tips on dealing with cuts and bruises:

1. Wash the area with mild soap and water
2. Pat the area dry with a clean towel
3. Apply an antibiotic ointment to the wound
4. Cover the wound with a band-aid or a clean cloth

A bruise occurs when blood vessels break and their contents leak onto the soft tissue beneath. This leads to pain, swelling, and discoloration. You should apply some ice immediately after the bruise occurs and seek medical attention if it lasts for longer than a week.

## Sprains

A sprain is a stretching of ligaments, tendons, or other fibrous tissue that connects bones and joints. Often, when

people fall, they put a lot of pressure on a specific joint or muscle in an attempt to cushion the fall. This results in sprains, which are considered [soft tissue injuries](#).

You may have sprained a muscle if you feel any pain or stiffness. Here's what you should do:

1. Stop what you're doing
2. Don't strain the injured area
3. Put ice packs on the injured area
4. Avoid unnecessary contact with the area

If your sprain is severe, it is advisable to see a doctor. Treatment includes external bracing, medication to stop the pain, and exercises to heal the injured area.

## Conclusion

Injuries are painful and get in the way of your daily life. If you fall and injure yourself, it is essential to get your injuries looked at by a professional to get the right treatment.

If your injuries occurred at a business establishment, you may be eligible for compensation under premises liability law. Consider hiring a lawyer to help you file your claim and get you the compensation you deserve.