Abstract

Embodiments of the present invention disclose a method for fall detection and protection, which is configured to apply in a wearable device worn on a human body, the method comprising: obtaining a gesture variation information of chest or abdomen of the human body from the wearable device; determining whether the human body is in a dynamic state depending on the gesture variation information; if the human body is in a dynamic state, obtaining a gesture information of chest and abdomen of the human body at the present moment and determining if the human body is in a state of being about to fall; if the human body is in a state of being about to fall, determining whether the fall is an unconscious fall; and if the fall is an unconscious fall, protecting the human body. Embodiments of the present invention can accurately determine an unconscious fall and provide protection that can prevents injury.

FIG 1 for publication.