

GETTING UP FROM A FALL

KEEP CALM

CHECK YOUR BODY

IF YOU ARE INJURED CALL FOR HELP AND STAY WARM

IF YOU ARE NOT HURT AND THINK YOU CAN GET UP FOLLOW THESE STEPS :

1. ROLL ONTO YOUR SIDE AND PUSH UP ON YOUR ELBOWS



2. USE YOUR ARMS TO PUSH YOURSELF ON TO YOUR HANDS AND KNEES



3. CRAWL TO A VERY STABLE PIECE OF FURNITURE (CHAIR OR BED) AND HOLD ON TO IT FOR SUPPORT



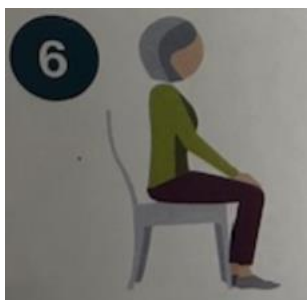
4. SLIDE OR RAISE THE FOOT OF YOUR STRONGER LEG FORWARDS SO IT IS FLAT ON THE FLOOR



5. LEAN FORWARDS AND PUSH UP USING YOUR ARMS AND FRONT LEG, SLOWLY RISING TO A STANDING POSITION



6. TURN AROUND AND SIT DOWN – SIT AND REST AND CALL FOR HELP



**LET YOUR HEALTHCARE PROVIDER KNOW THAT
YOU HAVE HAD A FALL**