

GETTING UP AFTER A FALL

If you fall, try to stay calm. Before moving, take a moment to check your body for pain or injury. Get help if possible. If not seriously hurt and able, use these steps to safely get up.



1. Roll onto side.



2. Push up with arms.



3. Get on hands and knees. Crawl to a stable support like a couch, chair (no wheels), table, or car - anything you can push against that won't move.



4. Place hands on support, bring strongest leg forward with foot flat on ground. Rest back foot up on toes.



5. Lean forward, push up to standing slowly with hands & front leg. Turn & sit if able.

If unable to sit, stand all the way up by squeezing buttocks & keep hands on support.



6. Rest and check again for any injury. Seek medical care* if needed.

**Always seek medical care if hit head or injure back, neck, or hips.*

HELPERS CAN

- Stay calm and provide reassurance
- Help assess injuries
- Bring a stable support (like a sturdy chair) closer
- Provide stabilizing guidance as they rise (stand beside & slightly behind their hips)
- If able, act as a stable support for faller to push against to get up
- Call for additional help if needed
- Keep them warm and comfortable while waiting for help, offer water

IMPORTANT

Never try to lift someone who has fallen. You could injure yourself or hurt them further.