

WHAT TO DO IF YOU FALL

Try not to panic, rest for a moment

IF YOU CAN GET UP

1 Roll onto your side

Push up into sitting position



2

Turn onto your hands & knees

Crawl to the nearest stable furniture, e.g. bed, chair,



3

Place your hands on the seat



6

Sit, rest, then tell someone you have fallen



5

Lean forward & push up with your other foot



4

Place one foot on the floor



IF YOU ARE INJURED DO NOT TRY AND GET UP



GET HELP

Drag yourself to a phone
 Call 911 and stay on the line



KEEP WARM

Use anything that is near: bedding, a coat, even a tablecloth



IF YOU ARE WET

If your bladder “lets go” in the fall, move away from the damp area to keep warm



MOVE YOUR LIMBS

Gently moving your arms and legs will help your circulation and reduce pressure areas.

Be Prepared

- ♦ practice getting up before a fall occurs
- ♦ activate your personal alarm call system if you fall
- ♦ have your phone at table level for easier access
- ♦ find a daily telephone buddy