

WHAT TO DO IF YOU FALL

TRY NOT TO PANIC AND 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

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