

Partner:



Department of Health



# HOW CAN I GET UP OFF THE FLOOR?

## Using my knees

**1** Turn onto your back



**2** Roll onto your side



**3** Push onto your hands



**4** Push up onto your hands and knees



**5** Kneel, using stable furniture to steady yourself



**6** Place your strongest leg forward



**7** Stand up



**8** Turn slowly



**9** Sit down. Rest and tell someone you have fallen



# HOW CAN I GET UP OFF THE FLOOR?

## Using my arms

**1** Turn onto your back



**2** Roll onto your side



**3** Push onto your hands



**4** Prop yourself up with both arms behind you



**5** Use a cushion (or other low sturdy object) as a low seat



**6** Lift bottom back onto cushion



**7** Push as far back as possible



**8** Lift bottom back onto chair



**9** Sit down. Rest and tell someone you have fallen



## WHAT SHOULD I DO IF I FALL AT HOME?

- Don't panic.
- Stay calm, remain positive and assess the situation.
- Decide whether or not you can get up safely.

## CAN YOU GET UP SAFELY?

### YES

1. Try rolling onto your side and push up onto your hands and knees.
2. Use stable furniture to help you get up.
3. Tell someone you have fallen and see your Doctor.

### NO

1. Get somebody's attention:
  - Press your personal alarm
  - Reach for a phone
  - Make a loud noise
2. Use pillows/blankets within reach to stay warm and comfortable.
3. Once help has arrived, tell someone you have fallen and see your Doctor.