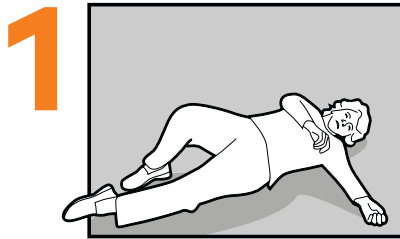


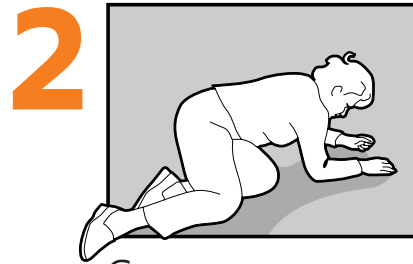
PAANO TUMAYO PAGAKATAPOS MUHALOG SA SAHIG

- Humanihon.
- Suriin ang katawan.
- Kung nasaktan, humingi ng tulong. Siguraduhing di lamigin.
- Kung hindi nasaktan, humanap ng matibay na kasangkapan.

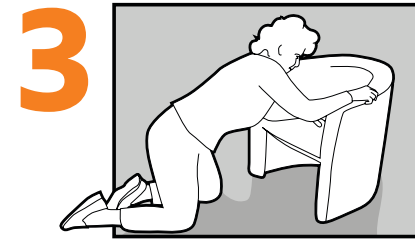
Stay Independent. 
Prevent Falls.



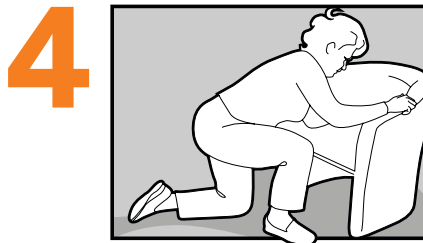
Gumulong sa tagiliran.



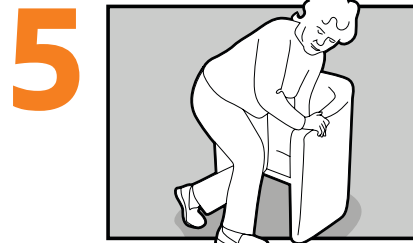
Gumapang sa upuan o ano mang matibay na kasangkapan.



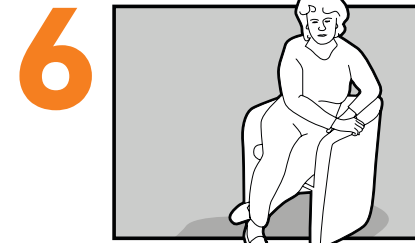
Habang nakaluhod, ilagay ang kamay sa upuan.



Itaas ang tuhod at itapak ang paa sa sahig.



Itulak ang sarili pataas gamit ang kamay at paa. likot and puwet papunta sa upuan.



Umupo at magpahinga bago kumilos.

Ipaalam sa iyong doctor o narse kung ikaw ay nahulog.

Based sa "Don't fall for it. Falls can be prevented!" State Government of Australia, 2004.
Pahintulot na kopyahin. Isinalin ng Multicultural Health Brokers Cooperative.