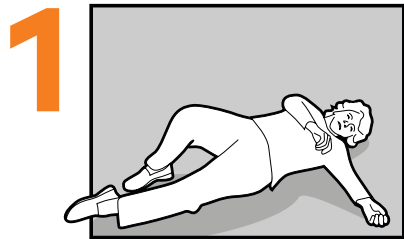


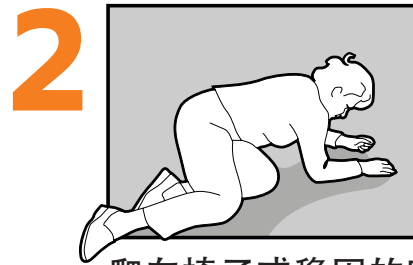
跌倒後怎樣幫助自己從地上起來

- 保持鎮定
- 检查您的身体有否受伤或不适
- 若有受伤即呼叫救援和保持身体温暖
- 若无受伤 找一件最接近您的稳固家具 如椅子等去帮助坐起来

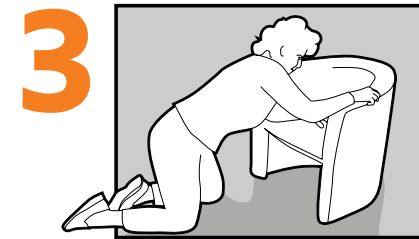
Stay Independent. 
Prevent Falls.



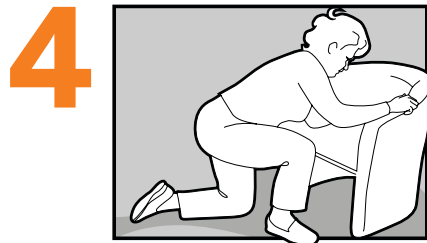
1 将身体转移至身体侧卧



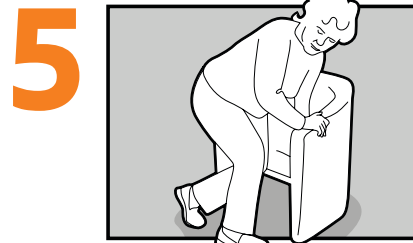
2 爬向椅子或稳固的家具



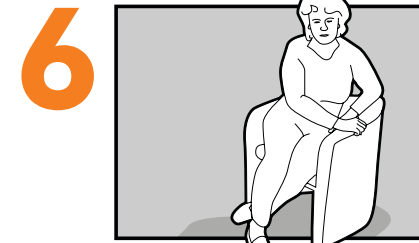
3 跪著把丰臂放在椅子座垫的位置



4 将一膝移动向前，并脚踏在地上



5 用丰臂和腿部支撑著，然后把臀部转移



6 坐下，并充份休息后才尝试移动

若您刚跌倒过，谨记需要告诉您的医务人员

择录自南澳洲政府之“Don't fall for it. Falls can be prevented!” 2004.

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