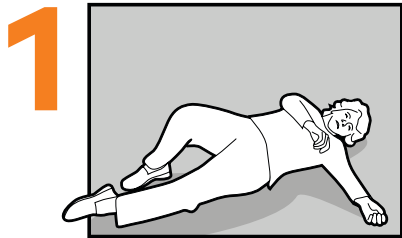


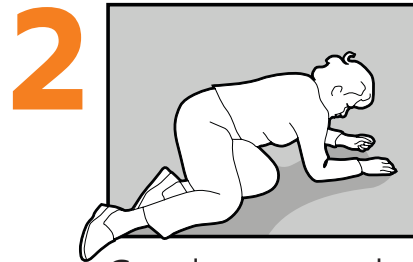
# HOW TO GET UP FROM THE FLOOR BY YOURSELF AFTER A FALL

- Calm down.
- Check your body.
- If you are injured, call for help. Stay warm.
- If you are not injured, look for a sturdy piece of furniture.

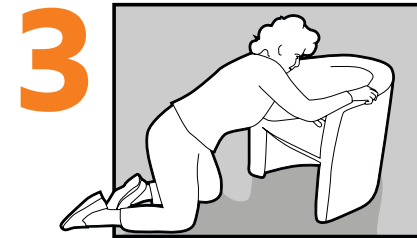
Stay Independent.   
Prevent Falls.



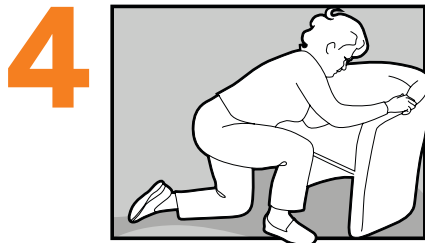
**1**  
Roll onto your side.



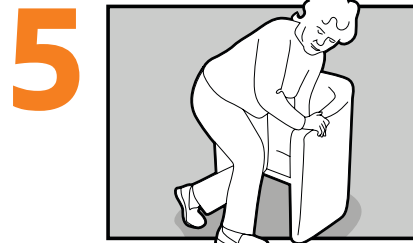
**2**  
Crawl over to a chair  
or sturdy piece of furniture.



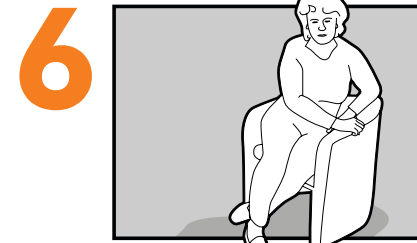
**3**  
From a kneeling position, put your  
arms up onto the seat of the chair.



**4**  
Bring one knee forward.  
Place that foot on the floor.



**5**  
Push up with your arms and legs.  
Pivot your bottom around.



**6**  
Sit down. Rest before  
trying to move.

**Tell your doctor or healthcare provider if you have had a fall.**

Based on "Don't fall for it. Falls can be prevented!" State Government of Australia. 2004.

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