

# How To Get Up

Stay Independent. <  
Prevent Falls.



Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

## If you have a fall:

- Lie still a minute.
- Stay calm.
- Check yourself for injuries.
- If you are not injured, use a sturdy piece of furniture to get up.
- If you are injured, call for help.

Even if you are unhurt, tell a healthcare professional, family member, or health care practitioner that you have fallen to lower your risk of falling again.

1

Roll onto your side, and then push up onto your elbows.



2

Use your arms to push yourself onto your hands and knees.



3

Crawl towards a very stable piece of furniture (a sturdy chair or bed) and hold onto it for support.



4

Slide or raise the foot of your stronger leg forward so it's flat on the floor.



5

Lean forwards and push up using your arms and front leg, slowly rising to a standing position.



6

Turn around and sit down. Sit for a minute or two and catch your breath.



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