

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



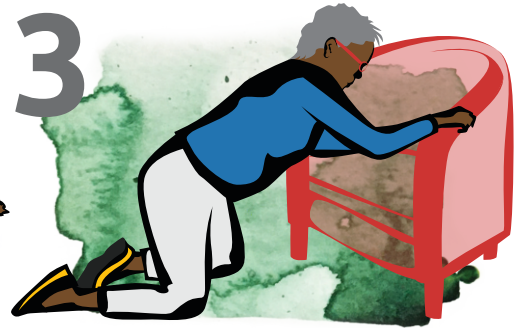
1. Calm down.
2. Check your body.
3. If you are injured, call for help.
4. If you are not injured, look for a sturdy piece of furniture...



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 for a minute before trying to move.

If you have had a fall, please talk with your doctor or community health nurse.

