

Getting up from a fall

If you should fall, lie still for a minute, stay calm and check for injuries. If you are unhurt and think you can get up, follow the steps opposite (rest between each one if you need to). If you know you can't get up, or feel pain in your hips or back if you move, see overleaf for ways to summon help



1 Roll on to your side, then push up on to your elbows.



2 Use your arms to push yourself on to your hands and knees.



3 Crawl to a very stable piece of furniture (a sturdy chair or bed) and hold on to it for support.



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



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



6 Turn around and sit down. Sit for a minute or two to rest.

Hot tip:

If you can't get on to all fours, bottom-shuffle or roll to a low surface like the bottom stair or sofa. Sit with your back to it, put your arms behind you on to the surface and push up with your hands and feet, lifting your bottom onto the surface. If using the stairs, go up to the next step before standing up.

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"I slipped in the kitchen and couldn't get up. Afterwards, my daughter suggested I practised while she was there to help. I felt silly crawling around the house, but now I feel much more confident about getting up on my own."

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