

Your Guide to Independent Living

Getting up safely from a fall

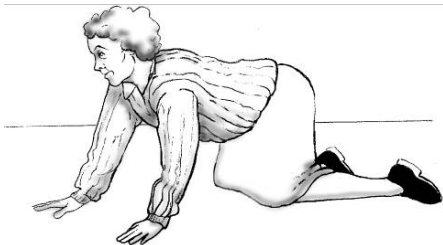
1. Lie still for a few minutes and assess the situation. It is important to remain calm after the fall. Only try to get up if you believe you can get up safely.



2. Slowly push yourself up onto your elbows. Lift your head. Stay still for a moment in case you feel dizzy.



3. Slowly get up onto your hands and knees. Look around for a stable piece of furniture such as a chair and move towards it.



4. Place your hands on a steady surface of the chair and rest. Move one foot forward and place it flat on the floor. One knee should still be on the ground.



5. With the chair as a support, slowly rise into a standing position. Keep your hands on the chair and rest to allow your blood pressure to adjust.



6. Turn your body and gently lower yourself into the seat. Stay seated for a few minutes. Check how you feel. Call for help if you need it. Let someone know what happened even if you feel okay. You may not be aware of any injuries.



Images used with permission from Berkshire NHS Falls Prevention Services, UK (www.bhps.org.uk/falls)
Adapted from Berkshire NHS Falls Prevention Services, UK and HealthLinkBC