

HOW CAN I GET UP OFF THE FLOOR?

Using my arms

1 Turn onto your back



2 Roll onto your side



3 Push onto your hands



4 Prop yourself up with both arms behind you



5 Use a cushion (or other low sturdy object) as a low seat



6 Lift bottom back onto cushion



7 Push as far back as possible



8 Lift bottom back onto chair



9 Sit down. Rest and tell someone you have fallen



WHAT SHOULD I DO IF I FALL AT HOME?

- ✓ Don't panic.
- ✓ Stay calm, remain positive and assess the situation.
- ✓ Decide whether or not you can get up safely.

"When I fell at home, using this plan really helped me to get back up and on my feet."



CAN YOU GET UP SAFELY?

I can get up safely

Roll onto your side and push up onto your hands and knees.

Use stable furniture to help yourself sit up. (see pictures over page)

Stand up slowly and safely.

Make sure you rest. Tell someone you have fallen and see your doctor.

I can't get up safely

It is important to get somebody's attention.

You can:

- Make a loud noise
- Try and reach for the phone
- Slide or crawl to the front door
- Press your personal alarm

Make sure you conserve your energy and lie quietly until someone who can help you arrives.

Use pillows or blankets within reach to stay comfortable and warm.

Once help has arrived tell someone you have fallen and see your doctor.

To order this and other free Stay On Your Feet® resources visit www.iccwaquickmail.com.au

For more information on how to prevent slips, trips and falls visit:
e: info@stayonyourfeet.com.au / t: **1300 30 35 40** / www.stayonyourfeet.com.au