



Community & Home
Assistance to Seniors

How to get up from a fall

1. Prepare

- Do NOT get up quickly. If you are hurt, call for help using Lifeline or a telephone.
- Look for something sturdy, such as a piece of furniture.
- Roll onto your side, turning your head, shoulders, hips, then leg.

2. Rise

- Push your upper body up. Lift your head, pause, and steady yourself.
- Rise slowly onto your hands and knees. Crawl to something sturdy that you can hold on to.
- Slide one foot forward so it is flat on the floor.

3. Sit

- Keep the other leg bent with your knee on the floor.
- Rise slowly and turn your body to sit in the chair.
- Sit for a few minutes before trying to do anything else.