

what to do if you fall

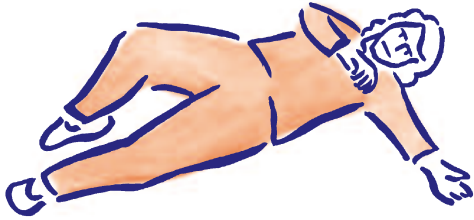
Take the time to develop a plan of what you might do after a fall. Some things to consider are:

- ▶ Wear a personal alarm around your neck.
- ▶ Carry a whistle.
- ▶ Keep a mobile or cordless telephone with you at all times.
- ▶ Leave a spare key with a family member, neighbour or friend who lives nearby, so they can get to you quickly.
- ▶ Set up quick dial numbers on your home phone.

Learn and practice how to get up off the floor if you are not injured.

Getting up after a fall

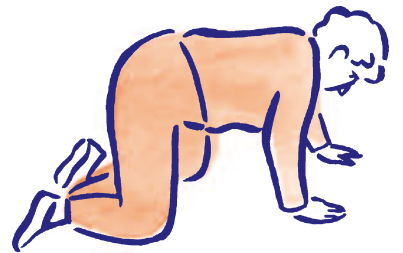
- ▶ Stay quiet for a moment — don't panic.
- ▶ If you are injured, stay where you are. Call for help using one of the methods mentioned above.
- ▶ If you are not injured, use your judgment and try to get up.



1 Look around for a sturdy piece of furniture, such as a chair.



2 Roll onto your side.



3 Crawl or drag yourself over to the chair. If you can, pull your walking aid along with you.



4 From a kneeling position, put your arms up onto the seat of the chair.



5 Place your strongest foot flat on the floor.



6 Push up with your arms and legs, move your bottom around.



7 Sit down. Rest before trying to move.

Take your time, and if you don't succeed the first time, rest and try again.

If you cannot get up:

- ▶ Don't panic – use one of the strategies in your plan to get help.
- ▶ Try to stay warm.
- ▶ Gently move around to stop one part of the body getting too much pressure.

Let your doctor know that you have had a fall.