

How to get up safely after a fall

Take your time • Assess how you feel • If needed, call 911 for help

1

Roll onto your stomach



Look around for a stable, sturdy piece of furniture or object* nearby



Bend one knee and stretch out your arms



Roll onto your side



Turn onto your stomach

2

Get on your hands and knees



Push your upper body up by pressing your forearms into the floor



Bend your knees as you lift your upper body and buttocks



Get on your hands and knees, then crawl to the sturdy object*



Place your hands on the sturdy object*

3

Get up

Option A or B

Option A



Lift a knee and put your foot flat on the floor



Lift a knee and put your foot flat on the floor

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Option B



Move closer to the sturdy object*



Lift both knees at the same time, as you support yourself on the sturdy object*

4

Sit down, and assess how you feel



As you support yourself on the sturdy object*, turn your body



Control your movements as you lower yourself to sit on the chair

*Sturdy object: bench, table, bed, chair, staircase, toilet, sofa, fire hydrant, etc.