

How to get up if you have a fall

Know what to do - it is important to have an emergency plan:

- Call for help - keep a list of family and friends' phone numbers near the phone, or program them into the phone for one-touch dialling
- Keep a phone within reach, in case it is hard to get up
- Consider a device that raises an alarm in case of an emergency
- Let family and friends know how to get into your house if you can't let them in.

1. Roll onto your side



2. Crawl or drag yourself to a chair



3. Face the chair and get up on your knee



4. Bring one knee forward and put that foot on the floor, then use the chair to push up with your arms, until you are upright enough to pivot your bottom around to sit



5. Rest for a while before standing up



If you can't bend your knees very well, slide along on your bottom, then lift your hips onto something higher, such as stairs. Then you can pull yourself upright again.

You might like to practice these techniques, so if you ever need to get up from the floor, you will feel more confident.

You should see your doctor after a fall if:

- You are taking anticoagulant medicines
- You are worried about your balance
- You bump your head, feel drowsy or unwell
- You have a pain that concerns you.

Acknowledgement to:

Staying Active and on Your Feet booklet
2010 www.activeandhealthy.nsw.gov.au

For further information scan this with your smart phone

Email: falls@cec.health.nsw.gov.au
Web: www.cec.health.nsw.gov.au

