

# What to do if you fall

**Try not to panic. Rest for a moment.**

## If You Can Get Up



- 1
- Roll onto your side
- Push up into a sitting position



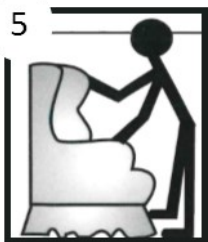
- 2
- Turn onto your hands and knees
- Crawl to the nearest stable furniture, e.g. bed, chair, stool, toilet



- 3
- Place your hands on the seat



- 4
- Place one foot flat on the floor



- 5
- Lean forward and push up with your other foot



- 6
- Sit. Rest. Tell someone you have fallen. Follow up with your healthcare provider.

Figures used with permission:  
Malvern Health Centre,  
Worcestershire, UK

## If You Are Injured

**DO NOT** try to get up.

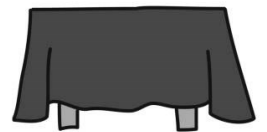
### Ways to Get Help

- Activate your personal alarm call system
- Gently drag yourself to a phone and call 911. Stay on the line.



### Keep Warm

- Use anything nearby such as bedding, a coat, even a tablecloth.



### If You Are Wet

- If your bladder “lets go” try to move away from the damp area to keep warm.

### Move Your Limbs

- Gently move your arms and legs to help your circulation, and reduce pressure areas.

## Be Prepared

- Practise getting up **before** a fall occurs
- Ensure you have a personal alarm system
- Place your phone at table level for easier access
- Find a buddy to check in with each day



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