

HOW TO STAND UP AFTER A FALL

HOW TO GET UP PROPERLY

BEFORE GETTING UP

- Remain still for a few moments to collect and calm yourself
- Decide if you are hurt; getting up too quickly or incorrectly may make an injury worse

IF YOU CAN GET UP SAFELY WITHOUT HELP

- Roll over onto your side
- Rest for few moments to allow your body and blood pressure to adjust
- Slowly get up onto your hands and knees
- Crawl to a sturdy chair
- Put your hands on the chair seat; slide one foot forward so it is flat on the floor; keep the opposite knee on the floor
- Slowly rise and turn your body to sit in the chair



ONCE YOU HAVE GOTTEN UP

GET IMMEDIATE MEDICAL ATTENTION

- Even if there is no sign of an obvious injury
 - Especially if you have a major blow to the head, any loss of consciousness, of any sign of confusion after falling
- ### NOTIFY YOUR PRIMARY HEALTHCARE PROVIDER
- Your fall could be related to a medical problem
 - A fall evaluation with your PCP will be needed to find the cause and help prevent another fall