

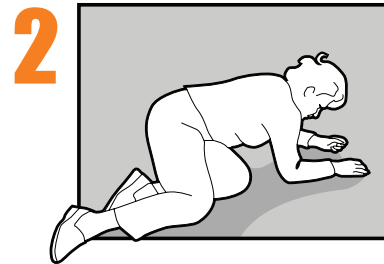
# How to Get Up From the Floor By Yourself After a Fall



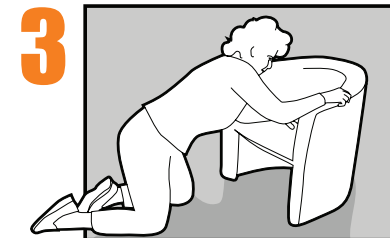
- Calm down.
- Check your body.
- **If you are injured, call for help.** Stay warm.
- If you are not injured, look for a sturdy piece of furniture.



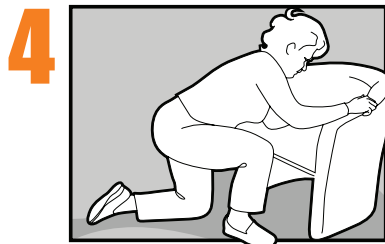
1 Roll onto your side.



2 Crawl over to a chair or sturdy furniture.



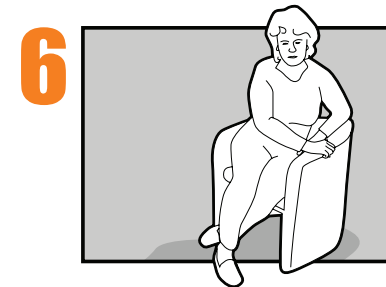
3 From a kneeling position, put your arms up onto the seat of the chair.



4 Bring one knee forward. Place that foot on the floor.



5 Push up with your arms and legs. Pivot your bottom around.



6 Sit down. Rest before trying to move.

**Tell your doctor or healthcare provider if you have had a fall.**

[www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)

Provided by Alberta Health Services, based on "Don't fall for it. Falls can be prevented!" State Government of Australia. 2004. Copyright Commonwealth of Australia. Reproduced by permission. Translation provided by the Multicultural Health Brokers Cooperative.



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