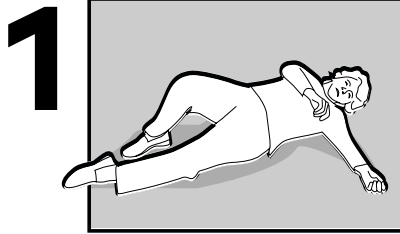


# HOW TO SAFELY GET UP FROM THE FLOOR AFTER A FALL

- Stay calm and still. Don't move for a few minutes. Stabilise your breathing.
- Figure out if you are injured. Slowly check your body.
- If you are injured, don't move, call for help. Stay warm.
- If you are not injured, slowly move towards the nearest piece of sturdy furniture.

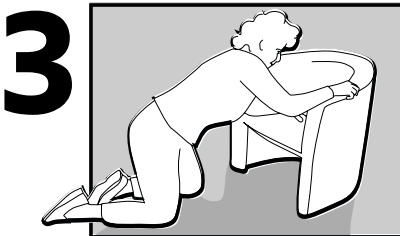


**1** Slowly roll onto your side.  
Start the movement with your head.  
Look in the direction that is most comfortable to move. If you look right, extend your right arm straight out to your side - and bend your opposite (left) knee up.

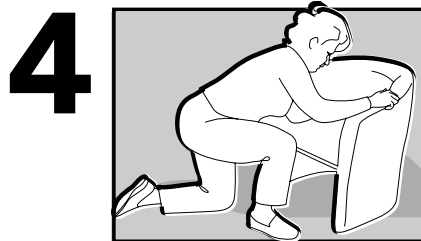
Now, extend your left arm, and reach that arm across your body, rolling your body, as you move your arm over onto your side. Scrunch your knees up towards your belly, and slowly push up over into a crawling or seated position



**2** Don't get up, stay on the floor. Shuffle or crawl slowly on your hands and knees toward a sturdy chair or piece of furniture. Don't rush and rest as needed.



**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. Sit down. Rest before trying to move.



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

Read the full article: <https://winfar.co.za/how-to-get-up-from-a-fall-a-step-by-step-guide-for-seniors/>.

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