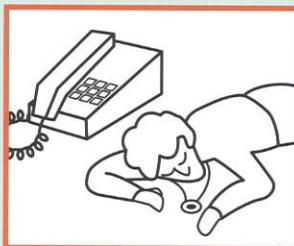


What to do if you cannot get up

1. Attract attention. Bang on something and call for help.



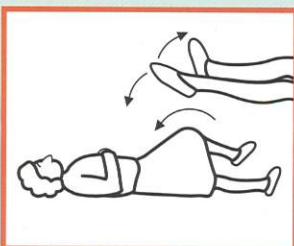
2. Use your mobile to call a friend or neighbour, or push your pendant alarm.



3. Try and keep yourself warm with any clothing or blankets that you can reach.



4. Move your joints and change position. If you go to the toilet, move into a dry space.



How to put a plan in place in case you fall

How do I get help?

Have you got a mobile phone on you?

You could consider a pendant alarm.

Can someone get into your home to help you?

Consider getting a key safe.

Do your family, friends or neighbours have a key?

How do I get up if I fall?

Keep this leaflet handy and read it regularly so you know the steps.



What to do if I fall



This leaflet gives you some useful tips if you fall.

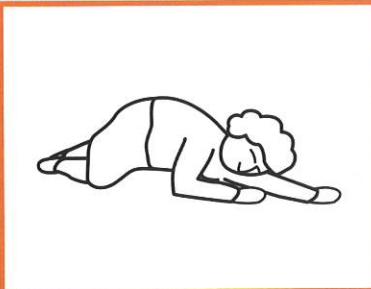
Have a plan of action in case you should fall and keep this leaflet handy.

How to get up from the floor after a fall

Stay calm and check for injury

1.

You have
fallen over.



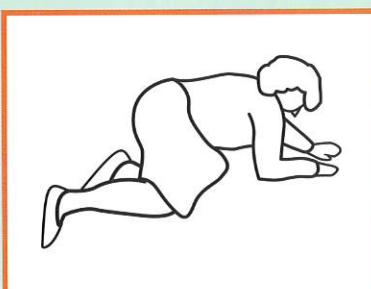
2.

Ease
onto
your
elbow.



3.

Push up
onto your
hands and
knees.



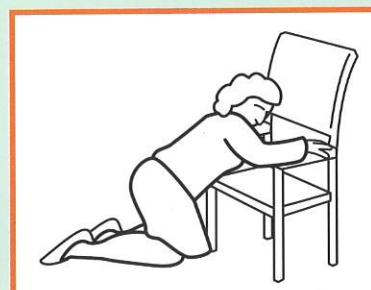
4.

Crawl
to some
furniture
like a table
or chair.



5.

Place your
arms on a
chair.



6.

Place
one foot
forward
and flat on
the floor.



7.

Push up
on your
arms and
legs, swing
round to
sit.



8.

Sit down
and rest
before you
move.



If you are hurt seek help.

Tell your GP about your fall.

Consider getting a pendant alarm
or a mobile phone.

Don't do this if you've had a hip or knee
replacement in the last 6 weeks.