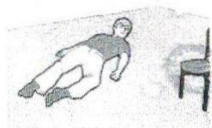


# How to get up from a fall

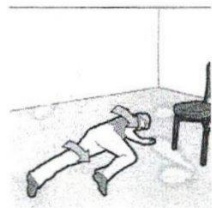
## 1 PREPARE



**Do NOT get up quickly.** If hurt, call for help using Lifeline or a telephone.

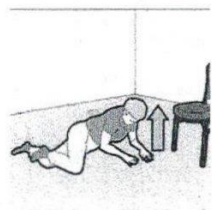


**Find something sturdy** such as a piece of furniture.

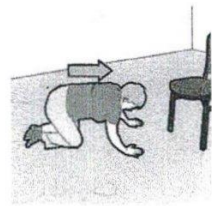


**Roll onto your side,** turning your head, shoulders, hips, then leg.

## 2 RISE



**Push your upper body up.** Lift your head, pause, and steady yourself.

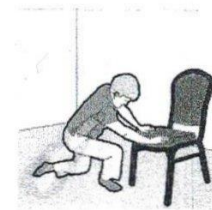


**Rise slowly** onto your hands and knees. Crawl to something sturdy you can hold on to.



**Slide one foot forward** so it is flat on the floor.

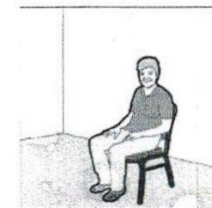
## 3 SIT



**Keep the other leg bent** with your knee on the floor.



**Rise slowly and turn your body** to sit in the chair.



**Sit for a few minutes** before trying to do anything else.

*Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.*

Source: Baker, Dorothy, Ph.D., RNCS, Research Scientist, Yale University School of Medicine New Haven, Connecticut; Connecticut Collaboration for Fall Prevention.