

What would you do if you were alone and had a fall?

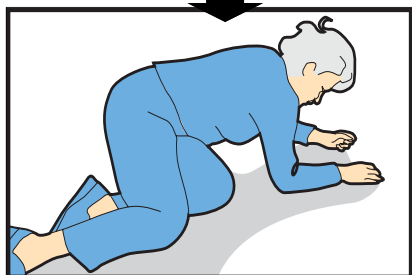
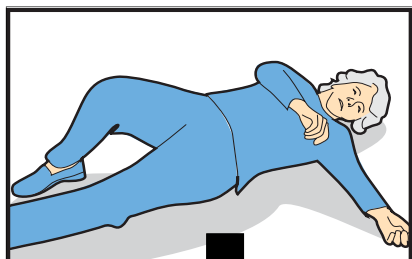


Have a plan to get help:

- Consider a personal alarm (worn around the neck).
- Keep a mobile or cordless telephone with you at all times.
- Set up quick dial numbers on your home phone.
- Carry a whistle or “screamer alarm” around your neck.
- Leave a spare key with a family member who lives nearby, a neighbour or friend so they can get to you quickly.
- Learn and practise how to get up off the floor if you are uninjured.

Getting up after a fall.

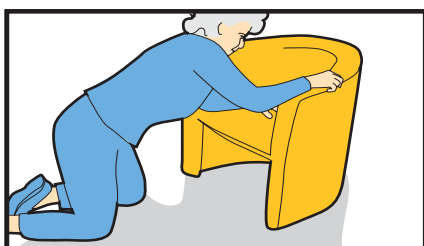
1. Calm down—catch your breath and compose yourself after the shock.
2. Check your body for injury. If you are not badly injured, you can think about getting up. If you are injured, e.g. broken bone, you need to stay where you are. Call for help using one of the methods mentioned above.
3. If you decide to get up, look around for a sturdy piece of furniture (preferably a chair).
4. Roll onto your side.



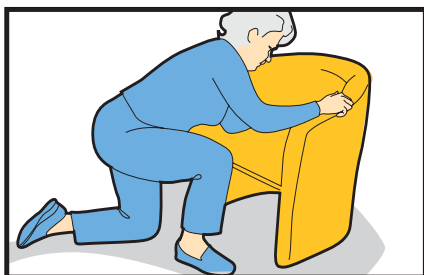
5. Crawl or drag yourself over to the chair. If you can, pull your walking aid along with you.



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



7. Bring one knee forward and put that foot on the floor.



8. Push up with your arms and legs, pivot your bottom around.



9. Sit down. Rest before trying to move.



Rest at any time, and if you don't succeed the first time, rest and try again.

If you cannot get up:

- Don't panic—use one of the strategies in your plan to get help.
- Try to stay warm.
- Gently move around to stop one part of the body getting too much pressure.

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Let your doctor know that you have had a fall.

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