



Fall Free Friday

Getting up from a fall

12/11/2020

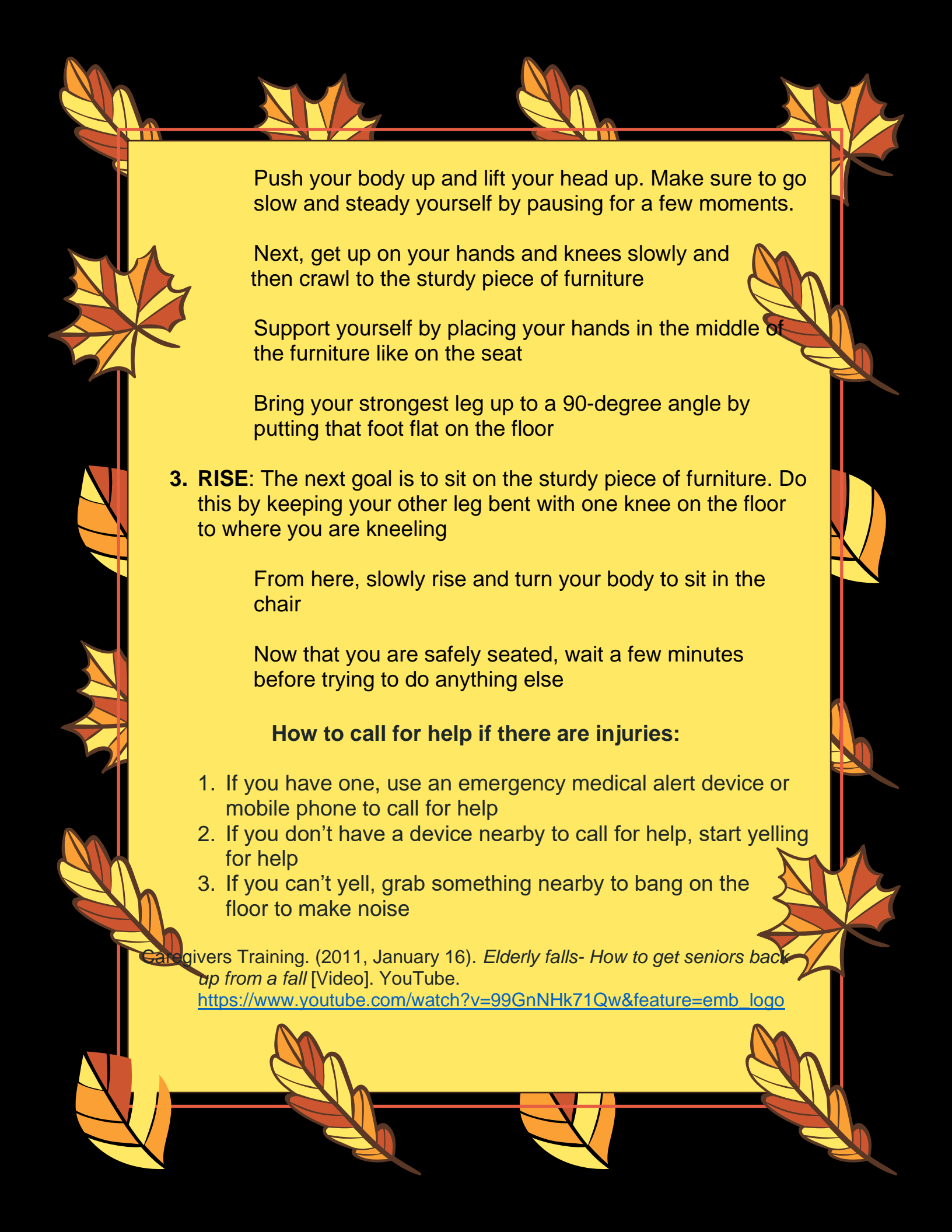
10:00 AM

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How to get up from a Fall:

Get up safely from a fall in 3 easy steps:
PREPARE, RISE, AND SIT

- 1. PREPARE:** Stay calm. Take time to assess for any injuries. Getting up too quickly or the wrong way could cause more injury or make your injury worse.
If you are hurt, call for help
Look around for a sturdy piece of furniture to roll towards
- 2. RISE:** Slowly, roll onto your side by turning your head in the direction you are rolling to and then moving your body over by moving down your body toward your feet



Push your body up and lift your head up. Make sure to go slow and steady yourself by pausing for a few moments.

Next, get up on your hands and knees slowly and then crawl to the sturdy piece of furniture

Support yourself by placing your hands in the middle of the furniture like on the seat

Bring your strongest leg up to a 90-degree angle by putting that foot flat on the floor

3. RISE: The next goal is to sit on the sturdy piece of furniture. Do this by keeping your other leg bent with one knee on the floor to where you are kneeling

From here, slowly rise and turn your body to sit in the chair

Now that you are safely seated, wait a few minutes before trying to do anything else

How to call for help if there are injuries:

1. If you have one, use an emergency medical alert device or mobile phone to call for help
2. If you don't have a device nearby to call for help, start yelling for help
3. If you can't yell, grab something nearby to bang on the floor to make noise

Caregivers Training. (2011, January 16). *Elderly falls- How to get seniors back up from a fall* [Video]. YouTube.

https://www.youtube.com/watch?v=99GnNHk71Qw&feature=emb_logo