

How to get up from the floor if you fall

1.



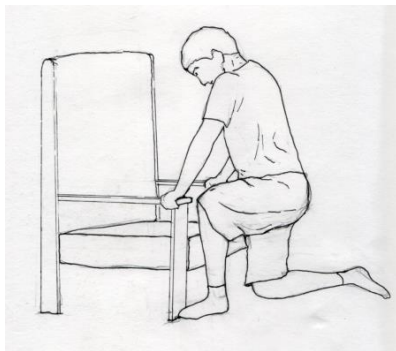
Lift yourself up onto your elbows.

2.



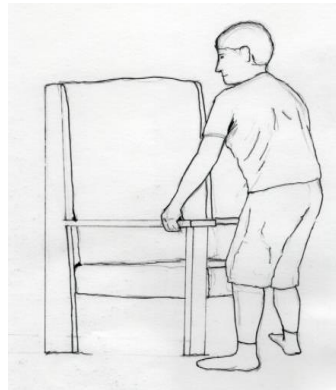
Bring up your knees so that you are in a crawling position.

3.



Crawl to a chair and put both hands onto the seat. Bend whichever knee is stronger, keeping your other foot on the floor

4.



Slowly, begin to rise; keeping hands firmly on the chair.

5.



Slowly twist around and sit into chair.

Don't move if you feel pain, try to attract attention.

Call 999 if you can or use your lifeline if you have one.

If you're hurt or can't get up, keep yourself warm.

Cover yourself with a coat or any other warm fabric that you can reach.

Keep tensing your leg and arm muscles.

Try and move gently from side to side to relieve pressure.

If you require any further information please contact Laura Phillips, Senior Physiotherapist on 0151 529 8787

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If you require a special edition of this leaflet

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