

What to do if you cannot get up

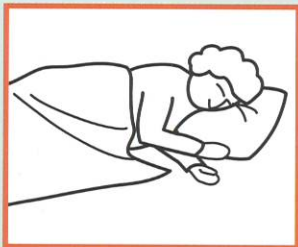
1.
Attract attention.
Bang on something and call for help.



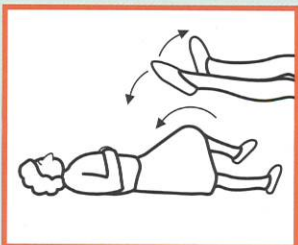
2.
Use your mobile to call a friend or neighbour, or push your pendant alarm.



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.



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What to do if I fall



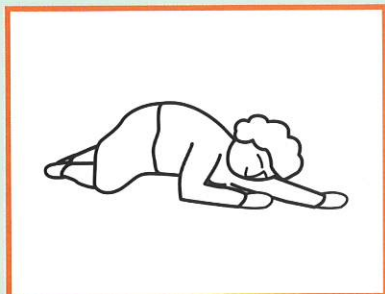
This leaflet gives you some useful tips if you fall.

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

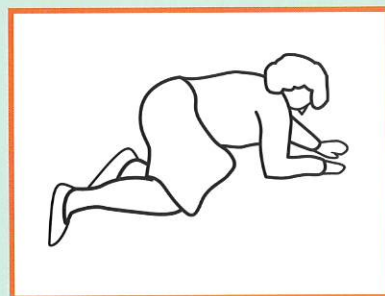
1.
You have fallen over.



2.
Ease onto your elbow.



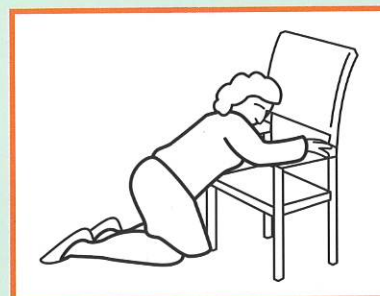
3.
Push up onto your hands and knees.



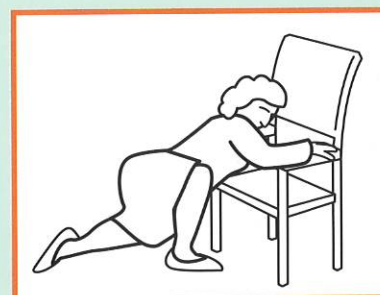
4.
Crawl to some furniture like a table or chair.



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.