

Getting Up From The Floor After a Fall

1. Do you feel dizzy, in a lot of pain, or very unsteady? If so, call for help, telephone someone if you can, or activate your alarm button if you have one.

If you feel OK, then you can try to get up.

2. Try to move to a sitting position on the floor, or roll over onto your side. Relax for a minute or two to get over the shock of falling.
3. Locate the nearest sturdy and stable chair, or some other solid piece of furniture. The safest and easiest way to get up is to hold onto something strong.
4. Get yourself onto all fours (hands and knees) and crawl to the chair.
5. Put your strongest leg under you so that your foot is on the floor. You should now be stepping on one foot with the other knee on the floor.



6. Stand up using your arms on the chair for support.
7. Sit on the chair until you feel comfortable to walk.
8. Don't wait until you fall to try and work out how to get up. If you practice getting up and down from the floor once a week, you might be surprised at how easily you can get up. Make sure you have someone with you the first time you try this.

Based on: Supplement to: Tinetti ME, Baker DI, King M, et al. Effect of dissemination of evidence in reducing injuries from falls. The New England Journal of Medicine 2008;359:252-61.