

What To Do If You Fall

Try not to panic, rest for a moment

If You Can Get Up



- Roll onto your side
- Push up into sitting position.



- Turn onto your hands and knees.
- Crawl to the nearest stable furniture, e.g. bed, chair, stool, toilet.



- Place your hands on the seat.



- Place one foot flat on the floor.



- Lean forward and push up with your other foot.



- Sit, rest, and then tell someone you have fallen.

Figures used with permission:
Malvern Health Centre
Worcestershire, UK

If You Are Injured

DO NOT try to get up.

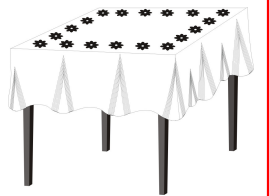
Get HELP

Drag yourself to a phone.
Call 911 and stay on the line.



Keep Warm

Use anything that is near:
Bedding, a coat, even a tablecloth.



If You Are Wet

If your bladder “lets go” in the fall, move away from the damp area to keep warm.

Move Your Limbs

Gently moving your arms and legs will help your circulation, and reduce pressure areas.

Be Prepared

- ☑ Practice getting up **before** a fall occurs
- ☑ Activate your personal alarm call system if you fall
- ☑ Have your phone at table level for easier access
- ☑ Find a daily telephone buddy

For more information on falls prevention,
call Toronto Health Connection

416-338-7600

<http://www.toronto.ca/health>

 **TORONTO** Public Health