

How to get up if you have a fall

It is a good idea to learn how to get up safely after a fall. Learning how to get up correctly can help you avoid making an injury worse.

First lie still for a few minutes and think about how you feel. If your body feels okay and you think you can get up safely, follow these steps:

1. Turn onto your back



2. Roll onto your side and rest



3. Slowly push onto your hands



4. Push up onto your hands and knees



5. Crawl or drag yourself to a chair



6. Bring your strongest leg forward, then use the chair to push up with your arms until you are upright enough to turn and sit



7. Sit down and rest.



If you can't bend your knees very well, slide along on your bottom and lift yourself up onto something higher such as a step. Also, knowing what to do if you cannot get up can help you stay safe until help arrives.

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Put your plan into action, firstly:

- Try to contact somebody by reaching for your phone or alarm. If that's not possible try get somebody's attention by making a loud noise.
- Try to conserve your energy until help arrives.
- Keep warm and try to get comfortable by using blankets, clothing and cushions within reach.

After a fall see your doctor as soon as you can and let a family member or friend know that you have had a fall.

How to help someone else after a fall

When helping someone after a fall it is important to avoid injury to the person who has fallen and to yourself.

If they are badly injured, they need to stay where they are. Make them as comfortable as possible and call an ambulance. Keep them warm while you wait for the ambulance.

If they are not badly injured and feel they could get up, guide them.

- Do NOT try to get the person up straight away!
- Calm the person and yourself. Get them to take deep slow breaths.
- Check for injuries and call an ambulance if necessary.
- Do NOT lift them, guide them only.

It is important that the person who has fallen does the work. The helper should only guide lightly, helping the person to roll onto their side. And follow the steps described on what to do if you fall, using chairs or furniture to assist the person who has fallen.

Guide them up, keeping them steady, remembering not to lift them – they should be doing the work. Stop at any point if they become stuck, experience pain or become too tired to get all the way up.