How to get up from a fall

1. Prepare
   - Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.
   - Look around for a sturdy piece of furniture, or the bottom of a staircase. Don’t try and stand up on your own.
   - Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.

2. Rise
   - Push your upper body up. Lift your head and pause for a few moments to steady yourself.
   - Slowly get up on your hands and knees and crawl to a sturdy chair.
   - Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.

3. Sit
   - Keep the other leg bent with the knee on the floor.
   - From this kneeling position, slowly rise and turn your body to sit in the chair.
   - Sit for a few minutes before you try to do anything else.
   - Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.