

# Knowing how to get up from the floor by yourself

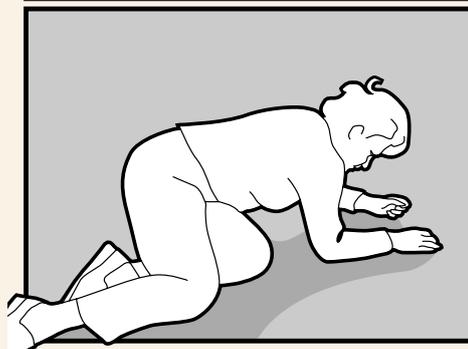
If it is a long time since you have tried getting down to the floor and back up again, wait until someone is with you to help you up if needed. You may be more out of practice than you think.

These pictures show a common way to get up from the floor that will suit most people. People with knee problems may find it uncomfortable to kneel. Physiotherapists can teach you other ways to get up, that may suit you better, and also exercises to regain your strength and flexibility.

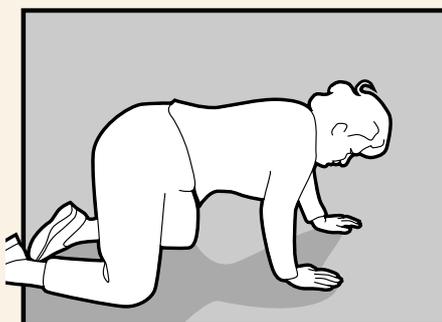
## Getting up if you have fallen:

1. Calm down. Catch your breath and compose yourself after the shock.
2. Check your body. If you are not badly injured you can think about getting up. If you are injured, for example with a broken bone, you need to stay where you are and put your plan to get help into action.
3. If you are not injured, look around for a sturdy piece of furniture (preferably a chair).

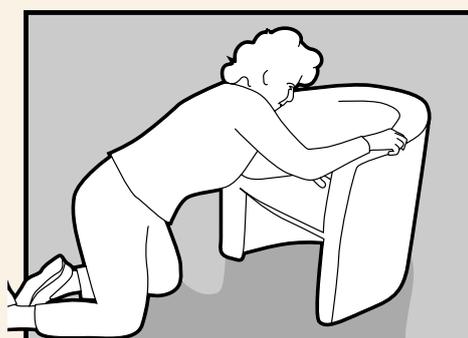
4. Roll onto your side.



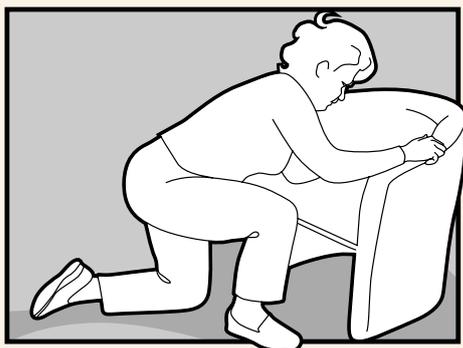
5. Crawl or drag yourself over to the chair.



6. From a kneeling position, put your arms up onto the seat of the chair.



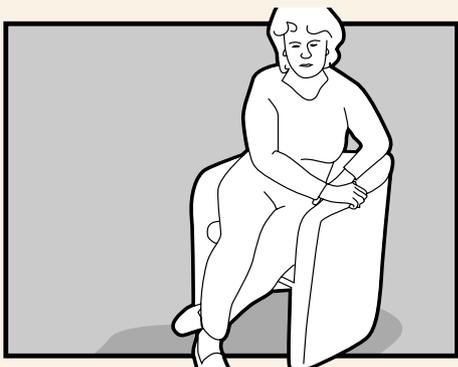
7. Bring one knee forward and put that foot on the floor.



8. Push up with your arms and legs, pivot your bottom around.



9. Sit down. Rest before trying to move.  
Rest at any time, and if you do not succeed the first time, rest and try again.



Practise this until you feel confident about the steps involved. It is recommended you do this once a month or so to keep in practice.

**If you cannot get up:**

- Do not panic
- Use one of the strategies mentioned earlier. Think through all possibilities for raising the alarm and getting up
- Try to stay warm
- Gently move around to stop one part of your body getting too much pressure

**After a fall.**

It is important to talk to your doctor about your fall and the possible causes, and to tell someone else (family, friend or neighbour) that you have fallen.

**Where you can find help or advice.**

- A physiotherapist or occupational therapist can help you learn ways to get up

**See page 29 for contact details.**

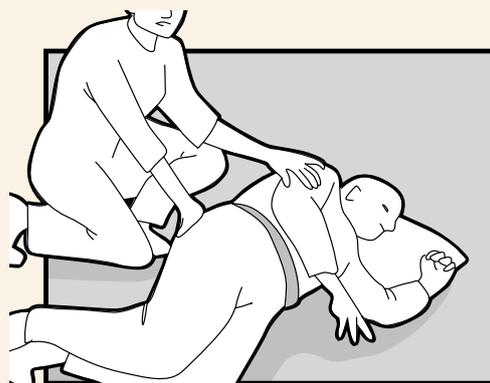
## Knowing how to safely help someone to get up

If you are a carer or friend, it is important to know how to help so you can avoid injury to the person who has fallen and to yourself.

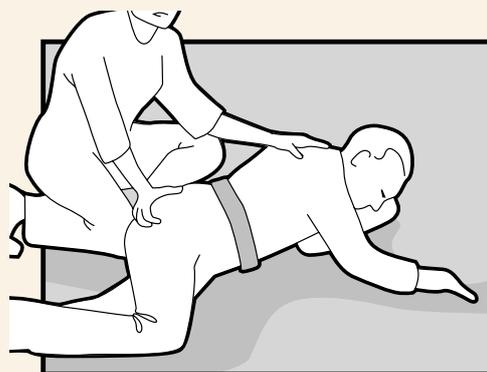
Do not hurry, and let them rest as often as they need to. If they get stuck at any time, make them comfortable and call the ambulance.

1. Do NOT try to get the person up straight away!
2. Calm the person and yourself. Get them to take deep slow breaths.
3. Check for injuries. If they are badly injured, such as with a broken bone, 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.

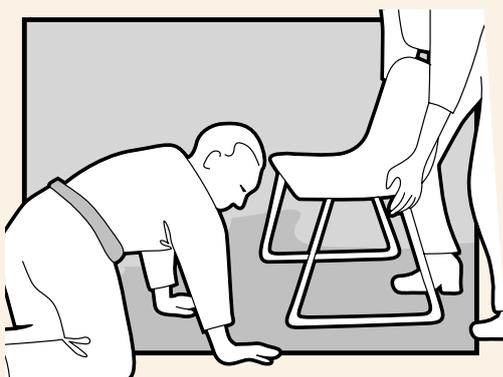
4. If they are not badly injured and feel they could get up, get two sturdy chairs and place one near the person's head and one near their feet.



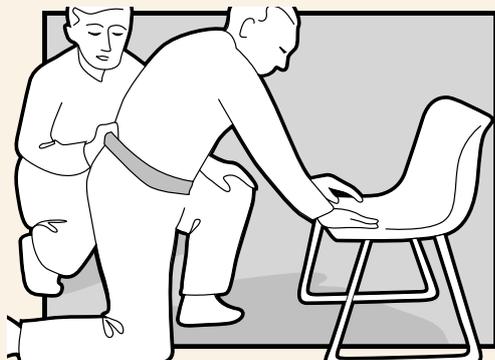
5. It is important that the fallen person does the work. The helper should only guide lightly, helping the person to roll onto their side.



6. Help the person to kneel. If they have sore knees, place a towel underneath as cushioning.



7. Place one chair in front of the kneeling person.



8. Ask the person to lean on the seat of the chair and bring one leg forward and put that foot on the floor.



9. Place the second chair behind the person. Ask them to push up with their arms and legs and then sit back in the chair behind them. Guide them up and back into the seat, remembering not to lift them – they should be doing the work. Keep your back upright.

**Let the person's doctor know that they have had a fall.**