



How to Get Up Safely After a Fall

If you have injuries, health problems, or other reasons that may increase your risk of falling at home, 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.

Also, knowing what to do if you cannot get up can help you stay safe until help arrives.

How can you care for yourself after a fall?

If you think you can get up:

- 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 the rest of the steps below.
- Look for a chair or other piece of furniture that is close to you.
- Roll onto your side and rest. Roll by turning your head in the direction you want to roll, move your shoulder and arm, then hip and leg in the same direction.
- Lie still for a moment to let your blood pressure adjust.
- Slowly push your upper body up, lift your head, and take a moment to rest.
- Slowly get up on your hands and knees, and crawl to a chair or other stable piece of furniture.
- Put your hands on the chair.
- Move one foot forward and place it flat on the floor. Your other leg should be bent with the knee on the floor.
- Rise slowly, turn your body, and sit in the chair. Stay seated for a bit and think about how you feel. Call for help. Even if you feel okay, let someone know what happened to you. You might not know if you have a serious injury.

If you cannot get up:

- Try not to panic.
- Call out for help.
- If you have a phone within reach or you have an emergency call device, use it to call for help.
- If you do not have a phone within reach, try to slide yourself toward it. If you cannot get to the phone, try to slide toward a door, window, or a place where you think you can be heard.
- Yell or use an object to make noise so someone might hear you.
- If you can reach something that you can use for a pillow, place it under your head. Try to stay warm by covering yourself with a blanket or clothing while you wait for help.

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