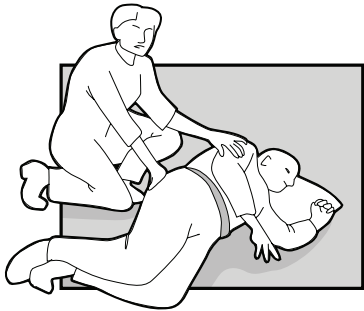
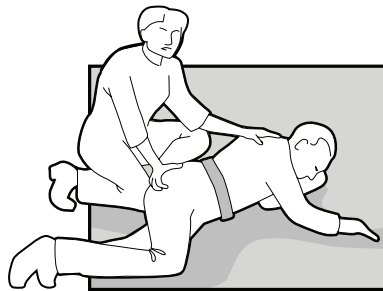


# How to Safely Help Someone to Get Up

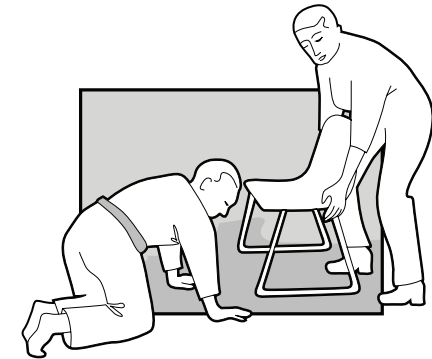
- Do not hurry. Do not try to get the person up right away.
- Calm the person and yourself.
- Check for injuries. If they are badly injured, call 911. While waiting for help, keep them warm and comfortable.
- If the person is not badly injured and think they could get up, get two sturdy chairs. Place one near the person's head and one near their feet.



1) It is important that the fallen person does the work.



2) The helper should only guide lightly, helping the person to roll on their side.



3) Help the person to kneel. If they have sore knees, place a towel underneath as cushioning. Place one chair in front of the person.



4) Ask the person to lean on the seat of the chair and bring one leg forward. Put that foot on the floor.



5) Place a second chair behind the person. Ask them to push up with their arms and legs, then sit back in the chair behind. Guide them into the seat. Do not lift them.

Always call their healthcare provider to tell them about the fall.