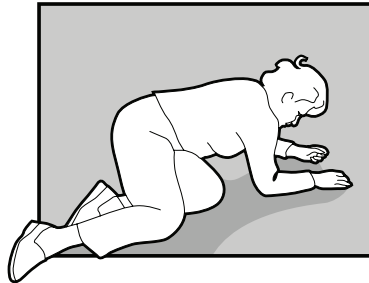


How to Get Up From the Floor by Yourself

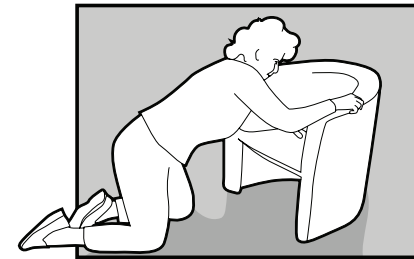
- Calm down.
- Check your body.
- If you are injured, call for help. Stay warm.
- If you are not hurt, look for a sturdy piece of furniture, like a chair.



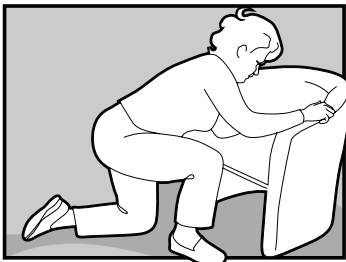
1) Roll onto your side.



2) Crawl over to a chair or sturdy furniture.



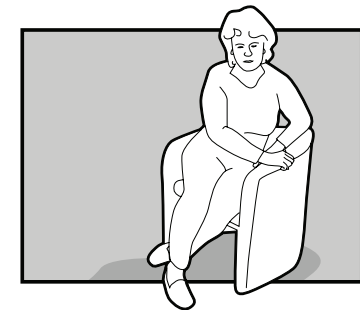
3) From a kneeling position, put your arms up onto the seat of the chair.



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



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



6) Sit down. Rest before trying to move.

Let your health care provider know after you have had a fall.