

What To Do If You Fall

1. Rest. Falling is a shock.
2. Think about your next move.

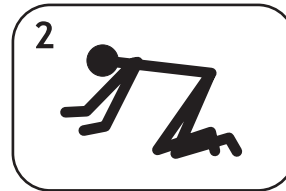
IF YOU ARE INJURED

- 1. Attract Attention**
 - Use your medical or personal alarm.
 - Try to shuffle to the phone. Call 911 and stay on the line.
 - Bang on the wall or floor or use an item to wave at the window.
 - Shout for help.
- 2. Keep Warm**
 - Use anything that is near: bedding, a coat or tablecloth to cover up.
- 3. Keep Moving**
 - Gently move your feet and hands to help circulation and reduce pressure areas.
- 4. Bladder Control**
 - If your bladder “lets go”, move away from the damp area to keep warm.

IF YOU CAN GET UP



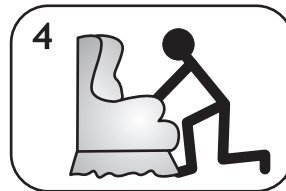
Roll onto your side. Push up into sitting position.



Turn onto your hands and knees. Crawl to the nearest suitable furniture. e.g. bed, chair, sturdy stool.



Place your hands on the surface.



Place one foot flat on the floor.



Lean forward and push up onto the forward leg and into standing position.



Sit. Rest. Tell someone you have fallen and follow up with your physician.



For more information on how you can stay active, independent and on your feet, call:
Stay On Your Feet *North Bay* at 705-474-1400
Stay On Your Feet *Parry Sound* at 705-746-5801
1-800-563-2808