Tell your doctor or healthcare provider if you have had a fall.

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. Place 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.

Provided by Alberta Health Services, based on “Don’t fall for it. Falls can be prevented!” State Government of Australia. 2004. Copyright Commonwealth of Australia. Reproduced by permission. Translation provided by the Multicultural Health Brokers Cooperative.