

How to get up after a fall

Nothing can fully prevent you from having an accidental fall. It is vital that you are prepared for the event and practice what to do if it happens.

If you have fallen, it is very important to stay calm and focus on either trying to get help or getting up. **Try not to panic!** Do not get up immediately. First take a deep breath and assess the situation. Get carefully comfortable by lying flat on the floor, stretch your legs and arms. Slowly rotate your feet and hands to check if you have injured yourself. If you are sure you are not injured, follow these instructions.

