

# HOW TO GET UP FROM THE FLOOR BY YOURSELF AFTER A FALL

1. Calm down.
2. Check your body.
3. If you are injured, call for help.
4. If you are not injured, look for a sturdy piece of furniture...



Roll onto your side.



Crawl over to a chair or sturdy piece of furniture.



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



Bring one knee forward. Place that foot on the floor.



Push up with your arms and legs. Pivot your bottom around.



Sit down. Rest before trying to move.

If you have had a fall, please talk with your doctor or community health nurse.



**KEEP YOUR MOCCASINS MOVING!**

Keetoo Kee Now Tribal Council | E-mail: [injuryprev@kctadmin.ca](mailto:injuryprev@kctadmin.ca)

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