



# How to get up off the floor

## Patient information

### Plan

No one expects to have a fall. Keeping yourself strong, balanced and in a safe environment helps prevent falling.

Plan how to get assistance. Consider carrying a mobile phone or pendant alarm if you live alone.

### Be prepared

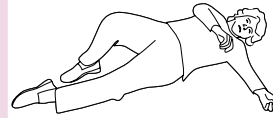
- Practise getting up and down from the floor if able to do so, or seek assistance.
- Improve your environment; for example, install railings in the shower.
- Scan for trip hazards and remove them
- Consider using a walking aid if you are unsteady.
- Speak with your doctor to find out how occupational therapists and physiotherapists can assist you.

### What to do if you fall

- Relax and lie comfortably.
- Check for injuries before you attempt getting up.
- If you are injured, have back pain or neck pain, stay on the floor and call for assistance.
- Shout loudly for help, or ideally use your mobile phone/home phone or pendant alarm.
- Make yourself comfortable while waiting for help.
- Try to move out of the sun, or pull down a blanket if you are cold.
- Change positions on the floor to avoid pressure injuries.
- Stay hydrated if you can.
- If you need to urinate, move out of the damp area to avoid skin breakdown.
- If it is safe for you to get up, look for something sturdy, such as a heavy chair or bed, to support yourself.

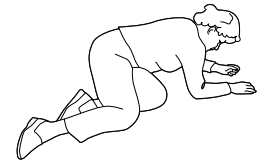
## Steps to get off the floor

1



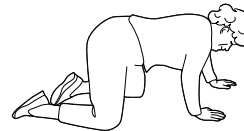
Roll onto your side

2



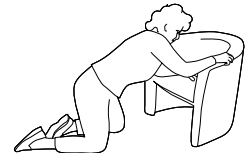
Bend your knees and place your hands on the floor

3



Push yourself up onto your hands and knees

4



Crawl or bottom shuffle to a sturdy piece of furniture

5



Step your strongest leg forward

6



Push up and sit on the chair



## What to do after a fall

- Seek immediate medical help if you feel confused, have a headache, nausea, vomiting, blurry vision, limb weakness or neck stiffness.
- If you are not hurt, still tell your doctor as soon as possible.
- Write down the details of the fall, when how, where, etc.
- Injuries might not be noticed immediately after the fall, so check yourself after you feel better and follow up with your GP if needed.

Consider seeing a health professional, such as a physiotherapist or occupational therapist, to make a plan to prevent further falls.

## Specific information for me

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## Prompts

### How will I get assistance if I fall?

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### Who will I call for help if I fall?

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## For more advice

If you want more advice on how to stay independent and on your feet, speak to your health professional, GP, or visit the Stay On Your Feet website.

[www.stayonyourfeet.com.au](http://www.stayonyourfeet.com.au)

The information provided is for information purposes only. If you are a patient using this publication, you should seek assistance from a healthcare professional when interpreting these materials and applying them to your individual circumstances.



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