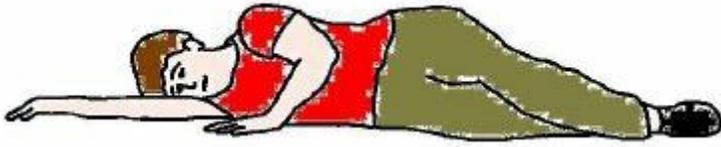


## Getting up from the floor safely



- With top hand flat on floor at shoulder level, use to ease body weight away from floor.
- Bring underneath arm out, place on floor.
- Use both hands to push chest away from floor, walk hands towards hips, bring body to side sit.
- REST.



- With hands flat on floor, wider than shoulders, turn head & chest to floor.
- Pull in tummy muscles, press weight through hands, lift bottom, place weight on knees.
- Position knees under hips, hands under shoulders.
- REST



- Crawl towards chair.



- Take firm grip of chair seat first with one, then with both hands. REST

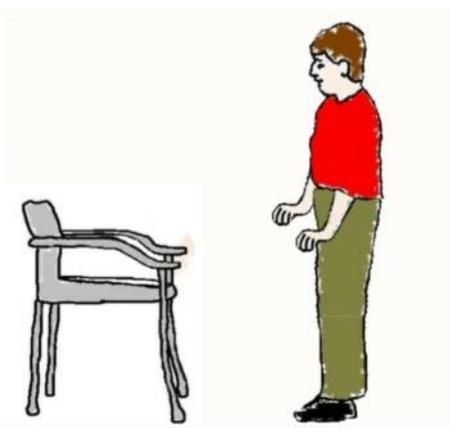




- Place foot of strongest leg as flat as possible on floor.
- In one move, use arms and legs to push up in to shallow squat.



- Keep knees bent, transfer hands from chair to thighs, then use both legs to push up to standing. Pedal through your feet to help the blood flow once upright again.



\*NB Try not to panic if you do fall. If you are injured or cannot get up safely by yourself, call for help, use your community alarm or if a telephone is within reach, phone for help. If nothing is within reach, try to slide towards it or to a window or door where you think a call for help will be heard. You can shout or use something to make a noise to attract attention. Try to stay warm by getting a blanket, coat or duvet over you if necessary, and something under your head to give support whilst you wait for help to arrive.