

GETTING UP FROM A FALL



What to do if you are alone

When you fall, don't panic. Take deep breaths and determine if you are hurt. If you feel a lot of pain or are unable to move your body, please call for help.



1

Bend one knee and use your supporting foot and arms to brace yourself.



4

If you feel you are not in too much pain, roll to your uninjured side. Rest in this position until you feel strong enough to move.



2

Push yourself into a half-standing position and slowly turn yourself around to take a seat.



5

Get onto all fours and crawl towards the nearest support, such as a sturdy piece of furniture.



3

Sit and rest until you feel strong enough to call for help.



6



Scan Me

Use this questionnaire to learn more about falls prevention tips and find out if you or your loved ones are at risk of falling
tinyurl.com/SLECFallrisk



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Visit our falls prevention page to view our falls prevention video and info sheets
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跌倒了如何 站起来



如果跌倒我应该怎么做？

若跌倒在地，首先不能慌，要保持冷静。先深呼吸，确定是否受伤。如果您觉得很痛，或不能移动您的身体，请尝试寻求帮助，如砸房门，打电话，按报警器，高声呼叫或用拐杖或其他物品制造声响，引起注意。



两手放于椅子或物体上；主力腿在前，靠在物体上。



如果您觉得不是太痛，侧躺，弯曲上方的腿，用手肘或手掌撑起上半身，然后休息。



发力，缓慢站立；小心坐到椅子上。



让身体滑向扶手椅或其他坚固物体，跪下。



休息，叫其他人来帮助。



Scan Me

要知道自己或亲人有跌倒风险，
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