

accidents don't
have to happen

**If you're
not hurt**

(1)

Roll on to your hands
and knees and crawl
to a stable piece of
furniture such as a
bed or chair.

(2)

Keep your hands on the
furniture, place one foot
flat on the floor bending
your knee in front of
your tummy.

(3)

Lean forwards, push
on your feet and
hands until you bring
the other foot beside
the first and slowly
raise yourself up.

(4)

Sit down and rest for
a short time, and
contact your GP as
soon as possible.

Top tips... if you have a fall

If you're hurt, try to get comfortable and keep warm until help arrives, changing position and moving your feet if you can every half an hour.