

How to Help Someone to Get Up Safely After a Fall

- Don't rush and don't try to get the person up right away.
- First, calm the person and yourself.
- Check for injuries. If the person is badly injured, call 911.
- While waiting for help, keep them warm and comfortable.
- If they are not badly injured and think they can get up, get two sturdy chairs. Place one chair near the person's head and the other near their feet to give support as they help themselves to their feet.



1 It's important that the fallen person does the work.



2 Only lightly guide the person and help them roll onto their side.



3 Help the person kneel. If they have sore knees, place a towel underneath as a cushion. Place one chair in front of the person.



4 Ask the person to use the seat of the chair as support and bring one leg forward, putting that foot on the floor.



5 Place another chair behind the person. Ask them to push up with their arms and legs, then sit back in the chair behind them. Guide them into the seat. Do not lift them.



6 Call their healthcare provider to tell them about the person's fall.