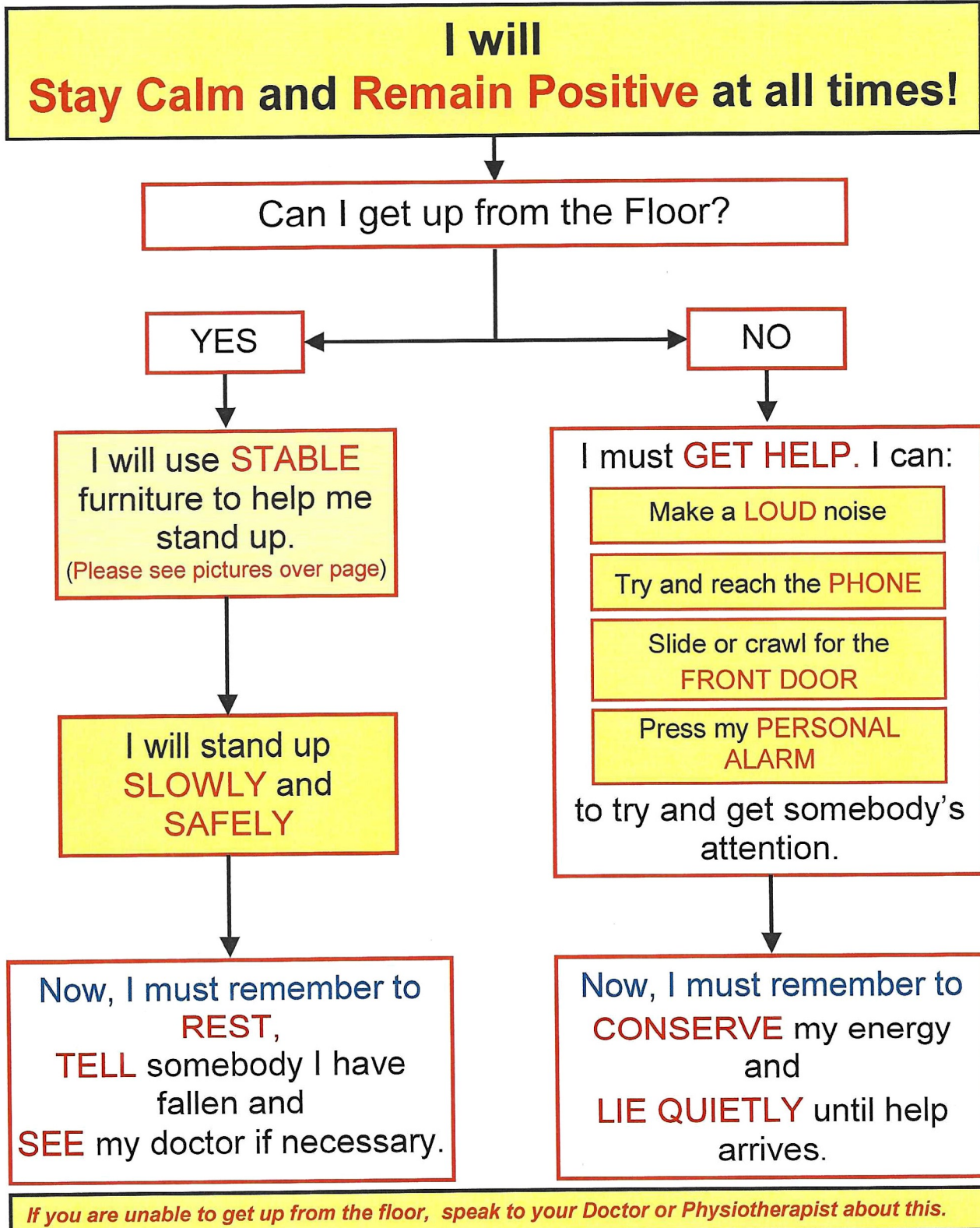


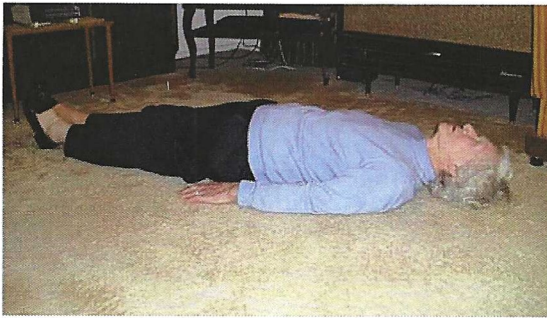
What should I do if I **FALL** at Home?



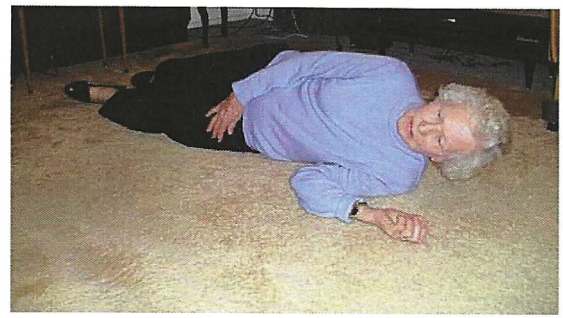
Adapted from *Your Home Safety Checklist*. (1999). *Stay on Your Feet WA*. Health Department of WA HP 7926.

This flowchart was funded by the Commonwealth Department of Health and Ageing, Community Demonstration Project, Stepping Out, with the support of the Department of Physiotherapy, SCGH, Perth WA, 2004

How can I get up from the floor at home?



1. Turn onto your back.



2. Roll onto your side.



3. Push onto your hands.



4. Now, push up onto your hands and knees.



5. Kneel, using stable furniture to **STEADY** yourself.



6. Place your strongest leg forward.



7. Stand up.



8. Turn **SLOWLY**.



9. Sit down. **REST. TELL** somebody you have fallen!