

No one thinks they're going to fall.

BUT IT HAPPENS. HERE'S WHAT TO DO IF IT HAPPENS TO YOU.



6.
Sit down. Rest before trying to move again.



5.
Push up with your arms and legs. Twist your torso, holding on to the bench.

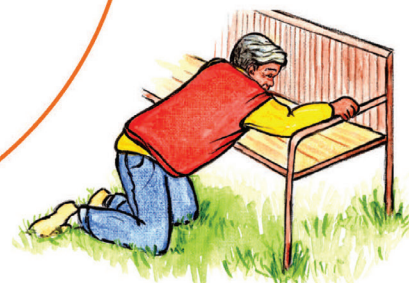
1.
Look around for a something sturdy, such as a bench. Roll on your side.



2.
Crawl or drag yourself to the bench. If you can, pull your walking aid with you.



3.
From a kneeling position, put your arms on the seat of the bench.



4.
Place your strongest foot flat on the floor.



DEVELOP A PLAN :

- Wear a **personal alarm** around your neck.
- Keep a **cell phone** with you at all times.
- Set up **quick dial numbers** on your phone.
- Carry a **whistle**.
- Have a friend or family member **call you daily** and leave them a **spare key**, so they can get to you quickly.
- Practice** getting up off the floor.

IF YOU CAN'T GET UP

Don't panic. Try to stay warm. If injured, stay where you are.

Call for help: a. Make noise. Shout or bang on something.
b. Press your pendant alarm. c. Use the telephone if you can.

Get comfortable: a. Use a cushion or clothing as a pillow.
b. Use a tablecloth or rug as a blanket.

Let your doctor know that you have had a fall.

For more information
and resources, visit
www.safeforelders.com



Nlaka'pamux Nation
Tribal Council