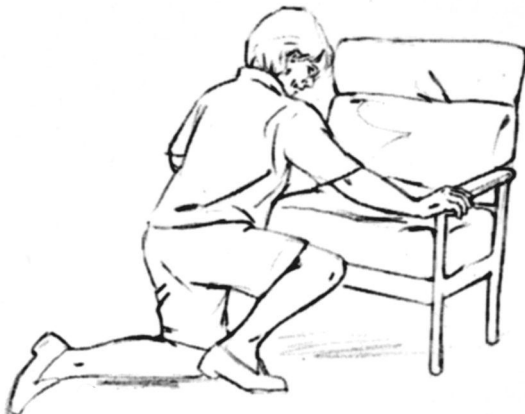


## Getting Up After a Fall



1. Don't panic; take your time.
2. Bend both of your knees.
3. Roll onto one side.
4. Push up onto one elbow.
5. Move into a kneeling position on hands and knees.
6. Stop and get your balance.
7. Crawl to a phone on a low table or to a chair.
8. Using both hands, pull yourself up.

