

WATCH YOUR STEP!

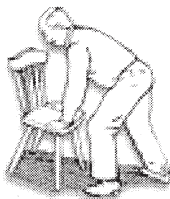
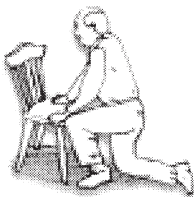
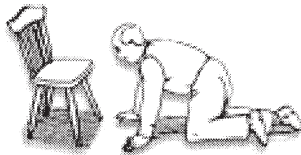
What if you do fall?

Exercise to increase strength and balance helps reduce the potential of a fall and the possibility of severe injury. Eliminating risks in your lifestyle and environment also helps, but there is no way to eliminate all possibilities of a fall.

Part of the preparation for dealing with falls is to have a way to call for help.

- Keep a telephone located low enough so you can reach it from the floor. Easily recognized speed dials are highly recommended.
- A push-button alert device that you wear around your neck may be a good investment.
- A whistle is a low-cost alert device. Be sure your neighbours know that you plan to use it to attract their attention if you should ever need help.

If you fall:



- Don't panic
- Try to relax, chances are you are not seriously injured
- Do not try to get up right away
- Catch your breath, calm yourself down, gather your thoughts
- Slowly move your arms and legs, one at a time, to check for injury

When you feel stronger:

- Turn onto your hands and knees. Crawl to a sturdy chair.
- Place your hands on the chair and with one leg on the floor and the other in a kneeling position push yourself up and onto the chair.
- If you are unable to get up by using a chair, crawl on your hands and knees to a telephone to call for help. If you cannot crawl, turn onto your side or back and scoot yourself to the telephone.