

How to Help Someone Get Up From a Fall



Stay Calm and Check for Injury

- Ask the person if they're hurt or dizzy. If they are unable to respond, call 911. If there's any hip, back, head pain, or an obvious limb injury, call 911 and don't move them.
- Check for bleeding. Apply first aid or pressure with gauze or a clean towel to stop the bleeding as needed.
- Encourage them to take deep breaths and stay calm as they may be in shock.
- If there is no serious injury, slowly and carefully proceed to the next step.

Reassure and Prepare

- Encourage the person to take a few deep breaths. Let them move at their own pace and let them know you're going to guide them through how to get back up.

Guide Them to Get Up

- Help the person roll onto their side. Get them to push up into a crawl position on their hands and knees.
- Ask them to crawl to a sturdy chair and tell them to place their hands on the seat.
- Help them bend one leg so one foot is forward and flat on the ground.
- Help them push up with their arms and legs, then direct them to turn around and sit slowly.



⚠ Important Tips

- Never lift someone up by pulling on their arms or shoulders.
- Call for help if you're unsure or they're too weak.
- Always check for bruises, confusion, or lingering pain.