How to get up from a fall

1 PREPARE

Do NOT get up quickly. If hurt, call for help using Lifeline or a telephone.

Find something sturdy such as a piece of furniture.

Roll onto your side, turning your head, shoulders, hips, then leg.

2 RISE

Push your upper body up. Lift your head, pause, and steady yourself.

Rise slowly onto your hands and knees. Crawl to something sturdy you can hold on to.

Slide one foot forward so it is flat on the floor.

3 SIT

Keep the other leg bent with your knee on the floor.

Rise slowly and turn your body to sit in the chair.

Sit for a few minutes before trying to do anything else.

Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.

Source: Baker, Dorothy, Ph.D., RNCS, Research Scientist, Yale University School of Medicine New Haven, Connecticut; Connecticut Collaboration for Fall Prevention.

Call for more information 1-800-LIFELINE
It’s never too early to protect yourself or a loved one

When you’re living alone, an unexpected fall or medical emergency can leave you cut off from the help you need. Any delay in receiving medical care can jeopardize your recovery. But with Lifeline, you’re never alone — help is available at the push of a button, 24 hours a day.

Expert, caring help at your fingertips

Lifeline is an easy to use medical alarm service that lets you feel confident and secure while living independently. Pushing the Lifeline Personal Help Button you wear on a wristband or pendant connects you to a trained Lifeline Personal Response Associate who can assess your situation and dispatch help quickly, day or night.

Call today and receive Free Month

1-800-543-3546
1-800-LIFELINE

Or visit www.lifeline.ca

How Philips Lifeline Works

1. Summon help
   When you need help, just press your Personal Help Button, which activates the Lifeline CarePartner Communicator.

2. Professional intervention
   The CarePartner Communicator then dials the Lifeline Response Centre and establishes two-way voice communication.

3. Appropriate response
   Within seconds, a Lifeline Personal Response Associate accesses your profile and quickly assesses the situation.

4. Closed loop
   The Associate then contacts a neighbour, loved one or emergency services based on your specific needs.
   The Lifeline Personal Response Associate will follow up to ensure that help arrived.

Please quote this code to receive the discount: XX353

Available at local participating programs only. Not to be combined with any other offer. A minimum three month commitment is required.