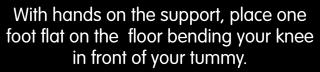
The Up and About What to do if you have a fall.





Roll onto your hands and knees and crawl to a stable piece of furniture such as a bed or chair







Lean forwards, push on your hands and bring your feet together and stand up.





Turn and sit on the seat. Rest a while before getting up.



Western Health HSC and Social Care Trust



HSC) Public Health Agency