

GETTING OFF THE FLOOR

Example: In the case of a fall

Practicing getting off the floor is not only good exercise, but a good skill to be able to do. In the event of a fall, it is not possible to predict how one may fall or where; however, below are guidelines for steps to take in order to safely get up from the ground, with or without use of a chair/stationary object for support. If you do fall, try to stay calm, assess for any injuries, and call for help as/if able.

Guidelines:

- If you are on your back, roll onto one side by bending the knee opposite to the side you are rolling toward
- From a sidelying position, prop up onto the elbow of lower arm, then straighten elbow to sit more upright
- Move onto all fours / hands and knees (quadruped), using pillows to kneel on if available → can crawl to a chair, couch, stationary object as needed / if available
- Place stronger leg forward into a half kneeling position
- Stand up, keeping abdominals engaged, using thigh or chair/stationary object for support as needed / if available

