

- 1** Lie still for a couple of minutes and check you really are not hurt



- 2** Look for something sturdy to pull yourself up onto and crawl or manoeuvre yourself over to it.



- 3** Move onto your knees and find a stable piece of furniture to use to get yourself up.



- 4** Bend up one leg and plant your foot firmly on the ground. Use the stable piece of furniture to carefully push yourself up. Take your time.



- 5** Remain supported with your head forward until you are sure you have got your balance. Carefully push up to a standing position.

Take time to recover and phone someone to tell them what has happened.



Having a fall could be an indicator of a treatable underlying health problem. It is sensible to make an appointment with your GP for a check-up.