What To Do If You Fall
What to do if you fall

- Kneel on your hands and knees.
- Crawl to a chair.
- Bring one foot through to step on the floor.
- Push up with your arms and legs.
- Try and stand up.
- Sit on the chair.
- Have a rest.
- Tell somebody you have fallen
If you can not get up

- Press your alarm button
- Shout for help
- Keep warm
Things to make you safe

- Make sure your shoes fit.
- Tie your shoes tight.
- Turn your lights on.
- Use your walking aid all the time.