

How to get up from the floor

Take your time

<p>Step 1 Roll onto your stomach</p>	 <p>Find a sturdy object to lean on. e.g., chair, bed, bench, fire hydrant, etc.</p>	 <p>Bend one leg and extend your arms.</p>	 <p>Roll onto your side.</p>	 <p>Continue rolling until you are on your stomach.</p>
<p>Step 2 Get on your hands and knees</p>	 <p>Raise your upper body, leaning on your forearms.</p>	 <p>Bend your legs while lifting your hips.</p>	 <p>Push yourself up onto your hands and knees.</p>	 <p>Move towards the object and place your hands on it.</p>
<p>Step 3 Get up Option 1</p>	 <p>Raise one knee and place your foot flat on the floor.</p>	 <p>Rise, pushing through your leg and hands, move closer to the object.</p>		
<p>Step 3 Get up Option 2</p>	 <p>Bring your legs close to the object and place the tips of your toes on the floor.</p>	 <p>Straighten your legs while pushing your hips upwards.</p>	 <p>Bring your legs closer to the object.</p>	
<p>Step 4 Stand up or sit down</p>	 <p>Keeping one hand on the object, turn your body to sit down. If it is not possible to sit on the object, take your time standing up.</p>	 <p>Once seated on the object, take your time standing up.</p>		

To help someone get up: walk them through the steps. Allow the person to get up by themselves. If necessary, call 911 for assistance.