



## ACTIVE PARRAMATTA VAN

# Better Ageing How To Get Up Off the Floor

This step-by-step guide will provide the best techniques for getting up off the floor, either for when you experience a fall or for everyday life.



- This document scenario is used in the event you cannot call for assistance.
- Movement limitations due to injury, weakness, stiffness, and pain etc. may change the way you get up from a fall.
- We encourage you to modify these steps and find your own unique way.
- Make sure you rest if you need between each step, as you will need to muster up your strength to complete each stage of the protocol.
- You may feel discomfort during this process; however, we must get you up from a fall so you can seek immediate assistance.



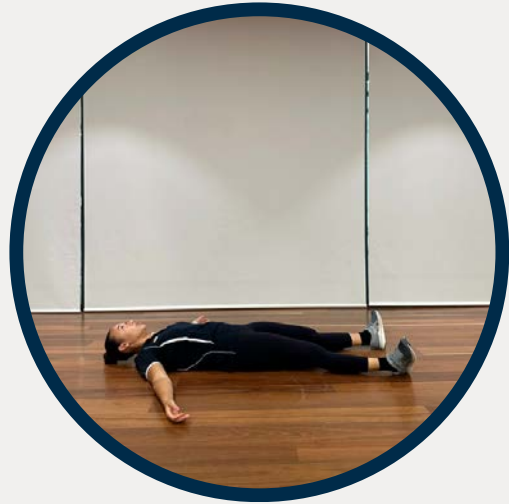
# How to get up off the floor protocol

## Step 1: Self Check

Depending on how you land from a fall, will determine your "Get Up" procedure.

Once you have fallen. Firstly, calm yourself and assess your surroundings, reassure yourself that you will be ok. Motivate yourself and focus on achieving a successful "Get up".

Complete a self-check to analyse by touch or sensing if you have injured any part of your body while you were breaking your fall. Make sure to utilise your strongest limbs to complete the get up procedure.



## Step 2: Get on your side

If you cannot simply sit up and stand up from the face up position, you need to turn to your side, as this will place you in an advantageous position.

Drag your strongest foot along the ground towards your hip, until your knee is bent at a 45-degree angle (1) . Gaining momentum swing your knee away from your body and with force throw your knee or leg across your body, helping you turn to your side (2).

*Note: this can also be completed using your arm, or both your knee and arm in unison.*



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## Step 3: Get to your hands and knees

You are halfway there stay focused and motivated.

Get both elbows and forearms flat on the ground (1).

With bent elbows, walk your forearms back towards your hips until you are in a "child pose" position (2).

From here make your way on to "All fours" i.e. hands and knees (3 and 4).



## Step 4: Take one knee

From "All fours" the next step is to take one knee. Select your strongest leg and bring that leg forward towards your hand, placing your foot on the ground (1).

Depending on your ability transition both your hands to your now raised knee (2).

Remember to take rest and stay motivated between each step.



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## Step 5: Get up - You can do this!

The final step, muster all your strength and simultaneously push with your hands (1) (applying force on your front leg), bring your back leg forward and extend your front leg until you are raised off the ground (2).

*Note: If there is a chair, table, bench, or other sturdy structure within arms reach you can place your hands on that structure to provide assistance in the final step.*

From here bring your back leg forward next to your front leg (3) and slowly stand up straight (4). (Avoid standing up too quickly as it may cause dizziness due to postural hypotension or low blood pressure)

Now immediately take a seat and regain your breath. Contact a family member, friend, or ambulance as you may have experienced a traumatic event and need support to ensure your physical and mental health is okay.



To help us understand the effectiveness of this guide. Tell us about your experience, how has this guide helped you?

**Send us an email**  
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## References

### **NSW Health - Stepping On**

<https://www.health.nsw.gov.au/falls/Pages/default.aspx>

### **Clinical Excellence Commission - Falls Prevention Program**

<https://www.cec.health.nsw.gov.au/keep-patients-safe/older-persons-patient-safety-program/falls-prevention/Community-Care>

### **Falls Prevention Network**

<https://fallsnetwork.neura.edu.au/resources/research/>

