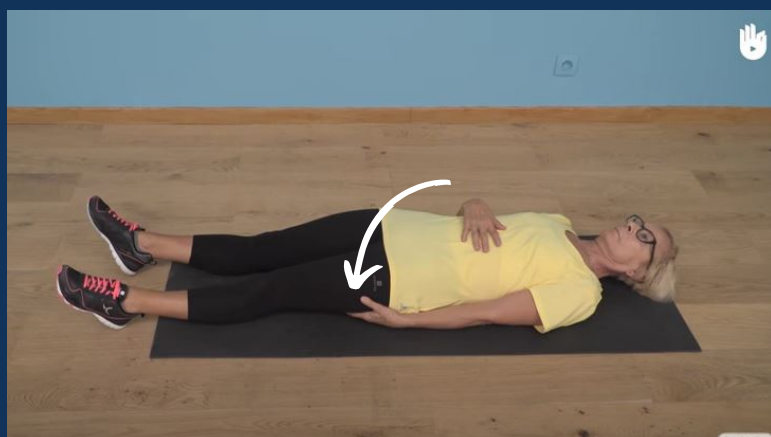


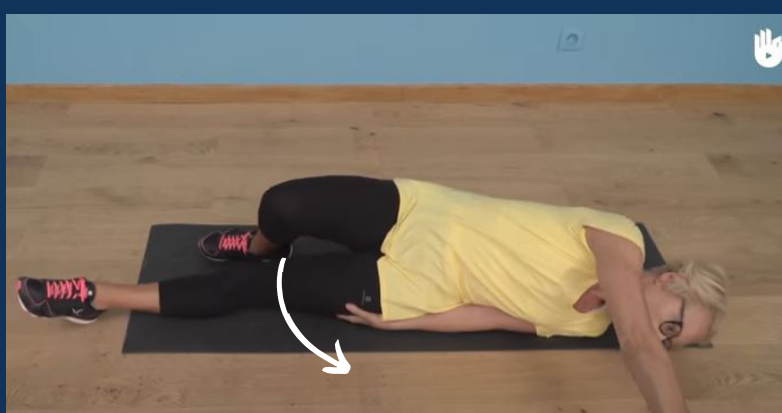
Learn to get up safely if you fall

1



Lying on your back, you tilt your body to the side bringing the opposite arm as support.

2



For side support, bring one leg up.

3



Get up while putting support on both elbows and the knee.

4



Get on all fours.

5



You can now move on all fours to find something to help you while getting up.

6



Support yourself (on a chair for example) to get up gently.

