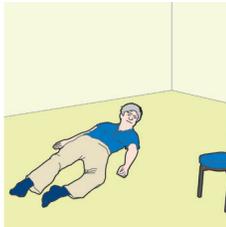


# How to get up from a fall

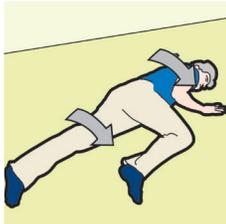
## 1 Prepare



**Do NOT get up quickly.** If hurt, call for help using Lifeline or a telephone.

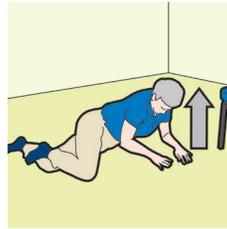


**Find something sturdy** such as a piece of furniture.

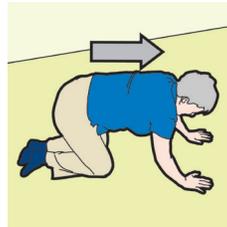


**Roll onto your side,** turning your head, shoulders, hips, then leg.

## 2 Rise



**Push your upper body up.** Lift your head, pause, and steady yourself.



**Rise slowly** onto your hands and knees. Crawl to something sturdy you can hold on to.



**Slide one foot forward** so it is flat on the floor.

## 3 Sit



**Keep the other leg bent** with your knee on the floor.



**Rise slowly and turn your body** to sit in the chair.



**Sit for a few minutes** before trying to do anything else.

Talk to your primary care provider about having a fall-risk evaluation. The fact that you have fallen once means you have a high risk of falling again.  
Source: Baker, Dorothy, Ph.D., RNCS, Research Scientist, Yale University School of Medicine New Haven, Connecticut; Connecticut Collaboration for Fall Prevention.

For more information, please call:  
**1-800-LIFELINE / 1-800-543-3546**

**PHILIPS**  
**Lifeline**

# It's never too early to protect yourself or a loved one

When you're living alone, an unexpected fall or medical emergency can leave you cut off from the help you need. Any delay in receiving medical care can jeopardize your recovery. But with Lifeline, you're never alone — help is available at the push of a button, 24 hours a day.

## Expert, caring help at your fingertips

Lifeline is an easy to use medical alarm service that lets you feel confident and secure while living independently. Pushing the Lifeline Personal Help Button you wear on a wristband or pendant connects you to a trained Lifeline Personal Response Associate who can assess your situation and dispatch help quickly, day or night.

## How Philips Lifeline works



### 1. Summon help

With a simple push of your Lifeline help button you're connected to our 24/7 Response Centre. With our advanced service, you have the option to include fall detection in the event you can't push your button.\*



### 2. Hear a reassuring voice

A caring Lifeline Response Associate will quickly access your personal profile and assess the situation.



### 3. Know help is on the way

If needed, our Associate contacts a neighbour, loved one, or emergency services – based on your preferences – and can follow up to make sure help has arrived.

\* AutoAlert option is available at participating Lifeline programs. AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help.

Call today and receive **ONE FREE MONTH OF SERVICE**

**1-800-LIFELINE**  
**1-800-543-3546**

Please quote this code to receive the discount: **XX1213**

Offer available at locally participating programs and valid for new activations only. Not to be combined with any other offer. Some restrictions apply. Discounts are not applicable for out of area installations. Discounts not available on GoSafe.



**PHILIPS**  
**Lifeline**