

## What to Do if You Fall



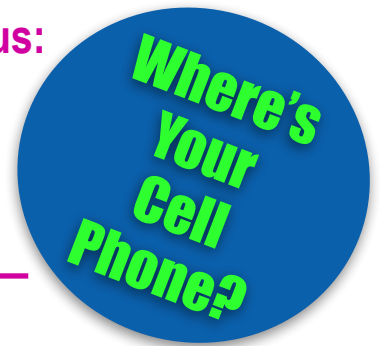
### Call 911 immediately :

- If you can't breath or you're bleeding
- If you can't move without sharp pain
- If you fall and you're not in a safe place
- If you were unconscious

## What to Do Before You GetUp

If you're safe, breathing, not bleeding & conscious:

- ✓ Take a few SLOW DEEP breaths in - to calm yourself
- ✓ Roll to your BACK – if you can't **Call 911**
- ✓ Verbalize you're going to do a body check for injuries



- ★ **Always BODY CHECK for injuries before getting up**
- ★ **DON'T RUSH - Do each movement 2 times**
- ★ **BODY CHECK from Bottom to Top after a fall**

1. **Ankles** - point, flex, & roll each ankle
2. **Knees** - bend 1 knee, foot on the ground. Slide that foot out & in - bending & straightening your knee
3. **Hips** - alternate bringing 1 knee to your chest & back down
4. **Lower Back** - bend knees, feet on the ground. Let both knees fall to one side, then the other side
5. **Wrists** - arms at your side, bend elbows then rotate wrists
6. **Shoulders** - raise 1 arm, shoulder high, lower & switch arms
7. **Neck** - move your head carefully side to side



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