



## WHAT TO DO BEFORE YOU GETUP

If you're safe, 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 from side to side



## What to Do if You Fall

### Call 911:

- If you can't breathe 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

**Next** →

This Fall Safety Card is provided by

*Agile 4 Life Fitness - Premium Online Fitness for Seniors*

creator of

**Standing Strong - A Seniors Guide to Fall Prevention**

for more information:

Visit: [agile4lifefitness.com](http://agile4lifefitness.com) or

<https://standingstrong.my.canva.site/>

Email: [info@agile4lifefitness.com](mailto:info@agile4lifefitness.com)



Agile 4 Life Fitness, LLC  
McMinnville, OR 97128

