

# 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.

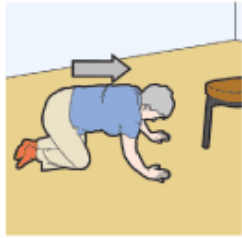


Roll onto your side, turning your head, shoulders, hips, then leg.

## 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 about the benefits of a medical alarm service, call Victoria Lifeline today  
(204) 956-6777 or toll-free 1-888-722-5222



VICTORIA LIFELINE  
Safe and independent living.

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

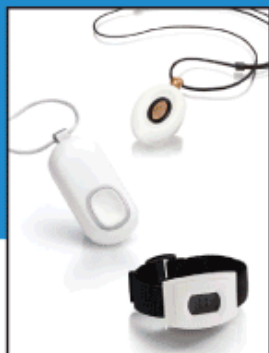
When you're living alone, an unexpected fall or medical emergency can leave you cut off from the help you need. Any delay in receiving medical care can jeopardize your recovery. But with Lifeline, you're never alone – help is available at the push of a button, 24 hours a day.

## 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.

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

(204) 956-6777  
toll free 1-888-722-5222



Or visit [www.lifeline.ca](http://www.lifeline.ca)

Please quote this code  
to receive the discount: **204**

Available at local participating programs only. Not to be combined with any other offer. Additional charges may apply for out of area installations. Discount applies to monitoring fee only. Offer valid on new activations only.



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## How Philips Lifeline works

# 1



### Summon help

Simply push your Lifeline Help Button at any time to connect to our 24/7 Response Centre.

**Note:** If you have our Lifeline with AutoAlert option, you will get an added layer of protection, as your AutoAlert Help Button will automatically place a call for help if a fall is detected and you are unable to push your button\*.

# 2



### Hear a reassuring voice

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

# 3



### Know help is on the way

Our Associate will contact a neighbour, loved one, or emergency services based on your specific needs, and will follow up to confirm that help has arrived.

\*AutoAlert does not detect 100% of falls. If able, you should always press your button when you need help.