










If you fall tonight, how will you get up?



1. PREPARE	2. RISE	3. SIT
 <p>Getting up quickly or the wrong way could make an injury worse. If you are hurt, call for help using a medical alert service or a telephone.</p>	 <p>Push your upper body up. Lift your head and pause for a few moments to steady yourself.</p>	 <p>Keep the other leg bent with the knee on the floor.</p>
 <p>Look around for a sturdy piece of furniture, or the bottom of a staircase. Don't try and stand up on your own.</p>	 <p>Slowly get up on your hands and knees and crawl to a sturdy chair.</p>	 <p>From this kneeling position, slowly rise and turn your body to sit in the chair.</p>
 <p>Roll over onto your side by turning your head in the direction you are trying to roll, then move your shoulders, arm, hips, and finally your leg over.</p>	 <p>Place your hands on the seat of the chair and slide one foot forward so it is flat on the floor.</p>	 <p>Sit for a few minutes before you try to do anything else.</p>

Source: Baker, Dorothy, Ph.D., RNCS, Research Scientist, Yale University School of Medicine New Haven, Connecticut; Connecticut Collaboration for Fall Prevention.

If you can't get up, how will you get help?

How the Lifeline Service Works

- 1




Summon help

Simply push your Lifeline Help Button at any time to connect to our 24/7 Response Centre.
- 2



Hear a reassuring voice

A Lifeline Response Associate will access your profile and assess the situation.
- 3



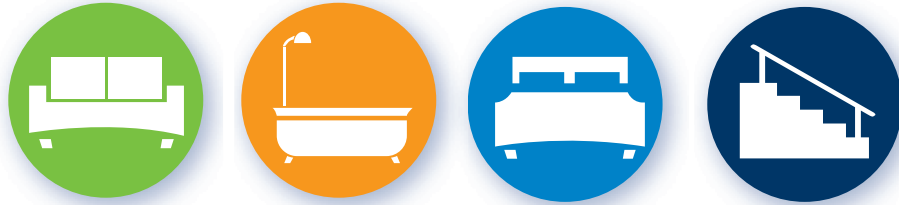
Know help is on the way

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.

How to Create a Safer Home

A ROOM-BY-ROOM GUIDE TO ELIMINATE THE MOST COMMON CAUSES OF FALLS



BE PREPARED WITH THE LIFELINE SERVICE

Forty years ago, Philips Lifeline founded the medical alert service industry with one mission: to help seniors live independently and confidently. At Philips Lifeline we want to make sure we do everything possible to help reduce the risk of falling and get Subscribers help quickly if a fall occurs.

Throughout this guide, you'll see a set of pictures of typical household rooms. The first picture depicts some common conditions that lead to falls. The second picture illustrates how these conditions can be improved to minimize the fall risk.

Note: These are guidelines only. Please consult with your healthcare professional before installing any adaptive equipment.

Why Lifeline?

When you experience a fall, medical issue, or other emergency, every second counts. If you are alone, delayed medical care can jeopardize your recovery and your independence!

The Philips Lifeline Medical Alert Service provides simple fast access to help 24 hours a day, 365 days a year.

Call today!

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

www.lifeline.ca





- 1 Baskets and craft projects on the floor can easily get underfoot and cause a fall.
- 2 Telephone cables or extension cords crossing open spaces are a tripping hazard.
- 3 A loose rug is easy to trip over.

- 1 Better-organized projects are placed off the floor and out of the walkways.
- 2 All cords are removed from walkways and stowed safely behind furniture. Telephones and other devices have been placed near to wall outlets.
- 3 Removing or securing rugs eliminates this frequent tripping hazard.



- 1 Poor visibility at night can lead to falls.
- 2 Walker against the wall cannot be reached from bed to assist in entry and exit.
- 3 Electrical cords, charging cables and other wires can catch feet and cause a fall.
- 4 Loose blankets on the floor create a tripping hazard.

- 1 A lamp within reach of the bed and a light-sensitive nightlight on the wall improves visibility at night.
- 2 The walker can now be reached from bed, reducing the risk of falls while entering and exiting.
- 3 Telephone, electrical and other cords are safely hidden behind furniture.
- 4 Blankets and other items off the floor result in a safer room.



- 1 Using the toilet and entering & exiting the shower require unusual motions that result in many falls.
- 2 Dim conditions can make navigation difficult at night.
- 3 Unsecured bathmats can result in serious falls while entering or exiting the tub.
- 4 Standing in the shower can be more dangerous for older patients.

- 1 Properly mounted grab bars ensure safer use of toilets and showers.
- 2 A light-sensitive nightlight turns on automatically when needed to increase visibility.
- 3 Removing or using non-slip bathmat eliminates this common cause of falls.
- 4 A sturdy shower seat reduces the risk of slipping and a hand-held shower sprayer reduces the need to reach.



- 1 Without a handrail, even a slight slip can turn into a major fall.
- 2 Loose items or unsecure rugs on stairs and landing increase the risk of falling.
- 3 Shadows and dim conditions increase the risk of tripping or missing steps.

- 1 Placed securely at the proper height, handrails provide support up and down the steps.
- 2 Unobstructed stairs allow one to focus on the steps rather than stepping around household items.
- 3 Ceiling lights provide light and are controlled by switches at the top and bottom landings.