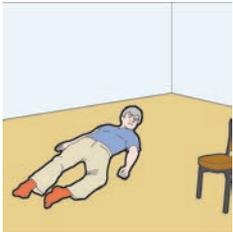


# How to get up from a fall

## 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.

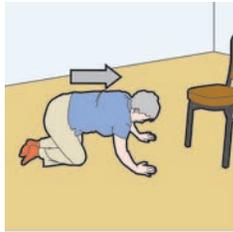


**Roll onto your side,** turning your head, shoulders, hips, then leg.

## 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.

Call for more information  
**1-800-LIFELINE**

**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.

Our **Lifeline with AutoAlert\*** service offers an added layer of protection; it is the FIRST pendant-style Help Button that automatically places a call for help if a fall is detected and you are unable to press your button.

And now **GoSafe** – our most advanced medical alert service – can provide access to help both at home and on the go.

## Call today and receive ONE FREE MONTH OF SERVICE

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

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

Please quote this code to receive the discount: **XX353**

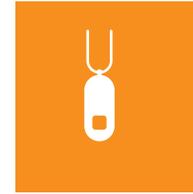
Available at local participating programs only.  
Not to be combined with any other offer.  
Discount applies to monitoring fee only.  
Offer valid on new activations only.



**PHILIPS**  
**Lifeline**

## How Philips Lifeline works

1



### Summon help

Pushing your Help Button activates a Lifeline Communicator that connects you with our 24/7 Response Centre.

**Note:** With the Lifeline with AutoAlert option, the call is made automatically if a fall is detected and you are unable to push your help button.

2



### Hear a reassuring voice

A trained Lifeline Response Associate speaks with you and assesses your situation while accessing your medical profile.

3



### Know help is on the way

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

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