

How to Help Someone Up After a Fall (If They're Not Hurt)

Falls can be scary — but knowing what to do helps you stay calm and act safely. If your loved one is not hurt (no head injury, no broken bones, and they're alert), you may be able to help them up. Go slow, stay calm, and let them do as much as they can.

Step by Step Guide

1 Help them roll onto their side



2 Get them into a crawling position



3 Bring over a sturdy chair



4 Guide their hands to the chair



5 Help them bring one knee up



6 Support them as they get up



Important Reminders



- If they seem in pain or can't move, STOP and call 911
- Never lift them on your own - you could both get hurt
- Always keep a phone nearby for emergencies