

# Your Health Matters

## GETTING UP AND GETTING DOWN

It takes strength, balance and coordination to move safely and prevent falls.



### Tips:

- Use chairs with arms that are stable and will not slide away.
- Avoid the use of low sofas or chairs.
- Do not push or pull against unsteady objects while sitting down or getting up.
- Consult your occupational therapist or physiotherapist about equipment that can help you move up or down.

### Getting up from a seated position:

- Place your hands on the seat and armrests or grab bars.
- Scoot to the front of the seat.
- Lean forward, keeping your back straight.
- Push down with arms and come to a standing position.

### Sitting down:

- Feel the seat at the back of your legs.
- Reach back for the seat or armrests or grab bars.
- Lower yourself down slowly.



Available in multiple formats