

# Getting Up From the Floor

**A****B****C****D**

- Make your way to a heavy object that won't tip over (such as stairs or a couch). Roll onto your stronger side. (A)
- Push up with your strongest arm so you are resting on your elbow or sitting on your side. (B)

- Roll onto your hands and knees. Put your stronger side next to the heavy object. (C)
- Kneel. (D)

**(over)**



**E**



**F**



**G**

- Put your weight on your stronger arm and weaker leg. Lift your stronger leg until your foot is on the floor. (E and F)
- Push your stronger arm and leg and lift your buttocks onto the heavy object. (G)
- You may need help. If so:
  - Do not pull on the person who is helping you.
  - Do not allow your helper to try and lift you by your weaker arm.