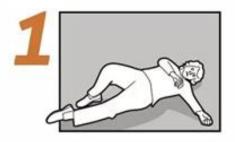
Steps involved in aiding a person off the floor



Roll onto your side.



Crawl over to a chair or sturdy furniture.



From a kneeling position, put your arms up onto the seat of the chair.



Bring one knee forward. Place that foot on the floor.



Push up with your arms and legs. Pivot your bottom around.



Sit down. Rest before trying to move.