

WALKER SAFETY TIPS

ONE



HANDS By Your HIPS

The purpose of the walker is to support you. By keeping it close to you it will achieve this.

The other reason to keep it close is to avoid it running away from you. It is NOT a grocery cart!

TWO



FINGERS on the BRAKES

When you keep your fingers on the brakes as you walk you will instinctively squeeze them should you stumble, stub your toe or when you walk down an incline.

This is similar to applying your foot brake in a car.

THREE



STOP and LOCK

When you stop your walker to talk or sit down, get into a habit of locking the brakes DOWN until they click. If the walker isn't locked it will move and you will fall!

This is like putting your car in park or applying the handbrake when you stop.

FOUR



Seat and Handle Height

Measured by your Physiotherapist. The handle should be around your watch height when standing straight.

The seat is deliberately a bit higher than a chair so it isn't a struggle to stand up and a fall hazard.