

SAFE WALKING & MOBILITY TIPS

Simple reminders to help support safer movement at home and in the community.

Walking Safety

- Walk slowly and avoid rushing
- Wear supportive, non-slip footwear
- Keep pathways clear of clutter and cords
- Use handrails when available

Mobility Devices

- Walkers, canes, or wheelchairs are used as recommended
- Mobility devices are within reach when needed
- Equipment is checked regularly for safety concerns
- Brakes and wheels are functioning properly

Transfers & Movement

- Rise slowly from sitting or lying positions
- Take breaks when fatigued
- Ask for assistance when needed
- Transfers are completed carefully and safely

Community Safety

- Allow extra time when traveling
- Be cautious on uneven sidewalks or wet surfaces
- Avoid carrying too many items while walking
- Plan transportation needs ahead of time

Health & Wellness

- Changes in balance or walking are monitored
- Dizziness or weakness is discussed with providers
- Recent falls or near-falls are reported to support teams

Notes
