

Walker Safety

- Always push up from/reach back to sitting surface when coming to/from a stand
- The backs of both knees should touch the sitting surface before reaching to sit
 - » Watch out for objects under foot
 - » Remove throw rugs
 - » Keep floor free of clutter and electrical cords
 - » Tuck in hanging corners of bedspreads
 - » Loose carpets or uneven flooring should be repaired or tacked down
 - » Use caution with pets
- Approximately 26" is required for adequate walkway width throughout home
- Items should be carried in walker pouch, tray, or basket, or on a wheeled cart - NOT in hands while holding onto walker
- A cordless phone may be carried in walker pouch for safety/convenience, as well as for use in case of emergency or fall
- A reacher should be carried in walker pouch or on hook on walker to allow for safe retrieval of objects from floor or hard to reach areas

Please refer to www.HANALiving.org for more information