



Walker Safety



Correct Body Positioning

- When using the walker, you should be positioned so that you are **standing between the handles of the walker and your elbows are bent at a 30 degree angle**. Standing too far from the walker could result in the walker getting away on you. If you stand too close to the walker, you could tip it over.

General Walker Safety

- A walker should be used properly at all times to minimize the risk of falling or tripping.
- **You should always:**
 - Wear appropriate footwear when using a walker.
 - Lock folding walkers in the open position before using.
 - Use ramps with caution to avoid loss of control on sloped surfaces.
 - Use walkers with caution when walkways are wet or icy.
 - Use brakes when preparing to sit on the walker or stand up from the walker so that the walker provides a stable surface for transferring.
- **You should never:**
 - Drag the walker along with you in your home.
 - Push a walker sideways while using it.
 - Reach over or around a walker awkwardly.
 - Walk backwards while using a walker.
 - Walk outside of the frame of the walker while holding onto it.
 - Use a walker when using stairs or drag the walker with you on the stairs.
 - Rely on a walker to keep you upright.

Creating a Safe Environment

- Avoid placing extension cords across walkways because they could easily catch on the walker and cause you to trip.
- Avoid using throw rugs in the home because they can cause you to trip.
- Plan and practice exit procedures in the home using your walker so that you are prepared should you need to exit in a hurry.
- Arrange furniture to allow space to move freely about the home with your walker and to prevent the possibility of injury.

Using the Walker While Working Around Your Home

- When carrying items from one room to another, do not carry the item and use the walker at the same time. A walker basket, a bag, or tray should be used for this purpose. If using a basket or tray will not work, ask someone else to carry the item.
- When transporting items from one spot on a counter or table to another, first slide the item along the counter and then walk towards it using the walker. It is dangerous to attempt both at once.
- When working around the home it is important to keep the walker nearby so that it is available when needed. However, it is important not to keep the walker so close that it could be tripped or fallen over.

