

# Safety Guidelines To Follow When Using A Walker



Put all the tips of the walker on the floor before putting weight on it.



Try looking ahead instead of the floor when using a walker.

Adjust the walker according to the user's height.



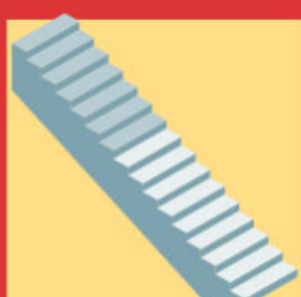
Push the walker a few inches or centimeters at a time.

Always make the first step with the weaker leg.



Never pull on the walker when going from sitting to standing.

Avoid using the walker on loose rugs and carpets.



Avoid using the walker on stairs or escalators.

## Reference:

1. Using a walker; MedlinePlus