

## Oxygen Tubing and Safe Mobility

People who use oxygen have a risk for falls due to the tubing. Keeping the tube of your oxygen supply away from feet and furniture is the key to fall prevention. Follow these steps to ensure safety:

- Place bright colored tape at 12-inch intervals along the tubing. The bright, contrasting color will alert you to the location of the tube on your floor as you move about.
- If you use a walker, crutch(es), or cane to walk, place the tube around your ring finger. This will elevate it away from your feet. By holding it, you will be more aware of it as you go about your home activities.
- If you do not use a device to help you walk, hold the tube in your non-dominant hand.
- When turning to sit on furniture, toilet or tub seat, move the tube from your side to directly in front of you. You will be better able to see it as you turn, so the tube does not get tangled on the walker, cane, crutch or your feet.