

Walker Safety with Daily Activities

1. To push up to a standing position, place hands on bed or arm rest of chair.
Do not pull on walker, as it can tip over.
2. When sitting down on chair, bed or any other surface:
 - Look for the surface so that you can position yourself
 - Turn completely so that you can back into the surface, feeling it with your legs
 - Reach back for the surface prior to sitting
3. Always stand to the **side** of lower cupboards or oven door when reaching in or out.
4. Always keep walker facing the cupboard (or table, etc.), when sliding objects across it.
5. Avoid over-reaching, which may result in loss of balance.
6. Whenever one hand comes off the walker (i.e., to place something into oven or reach into cupboard), the other hand must be on something stable, such as a countertop or table.
7. If no counter is available, one hand may be placed in **center** of walker.
8. Objects should be carried in a walker bag, not in the hand.
9. Keep both hands on walker at all times when walking.

