

*The American Physical Therapy
Association Section on Geriatrics
Presents:*

*This brochure was developed
through a coordinated project with the
Section of Geriatrics of The American
Physical Therapy Association. Student
Physical Therapists and Student
Physical Therapist Assistants were
invited to create educational brochures
for the Section's Consumer focus.*

*The Section on Geriatrics applauds the
efforts of:*

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Walker Safety in Your Home



Tips for Safety Using Your Walker

- Ask your Physical Therapist to properly fit your walker to your needs.
- Always wear good supporting shoes.
- Check that the walker's rubber tips are not worn. Replace them when needed.
- When walking place the walker about a step in front of you.
- Don't step too far into the walker.
- Stay close enough to the walker so that your hips line up with the back of the walker.
- Try to avoid wet surfaces.
- Don't lean on the walker when getting up or sitting down. It could tip over.
- When walking keep both hands on the walker at all time for balance.
- Use ramps with caution.
- Stand tall and avoid walking bent over.

Home Safety with Your Walker

- Remove any throw rugs or unnecessary objects on your floor at home.
- Arrange furniture to allow you to move freely about your home using your walker.
- When using a folded walker, make sure the walker is locked into the open position.
- Avoid placing extension cords in the walkways of your home.
- Try not to use the walker on stairs if at all possible.
- With a rolling walker be careful not to push it too far ahead of you when you are walking. Stay close to keep your balance.
- When using a standard walker, remember to pick it up and move it about a step in front of you. Use caution on thick surfaces such as shag carpet that you pick it up high enough and don't get it caught.