

Your Health Matters

YOU AND YOUR WALKING AID

Using a walking aid can help keep you safe and steady on your feet. Did you know that without proper measurement or proper use, it can also increase your risk of falling?



Make sure your walking aid does not become a hazard:

- Have your walking aid measured according to your body size and height by a physiotherapist or occupational therapist.
- Use your walking aid as prescribed indoors and/or outdoors.
- Poor weather is still a risk for falling even if you use a walking aid. Use extreme caution when walking in poor weather conditions.

Keep your walking aid in good shape:

- Check all parts regularly to make sure they are firmly attached and are not loose.
- If there are moveable parts, make sure that they can move freely.
- Report any unusual noises.
- If there are rubber tips, make sure they are secure and not cracked.
- Keep your walking aid clean to keep dirt from clogging up any parts.



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