

# **Walker Safety For Elderly People**

## **Choosing The Right Walker**

**Weight Capacity**

**Handle Height Adjustment**

**Intended Use**

## **Rollator Safe Use Guidelines**

- 1. Read the instructions**
- 2. Don't put all your weight on the rollator**
- 3. Stay "inside" the walker**
- 4. Keep the wheels on the ground**
- 5. Keep the rollator close to your body**
- 6. Lock the brakes when sitting**
- 7. Use your brakes when walking**
- 8. Turn using small steps**
- 9. Watch for obstacles**
- 10. Attach a flashlight**

## **Walker Maintenance**

**Brakes and brake cables**

**Handle height adjustment**

**Nuts and bolts**

**Clean with an antibacterial cloth**