Out and About

Hints to help you feel confident in public places

Use hand rails

Use your walking aid

Don’t rush

Wear hat, glasses and hearing aid

Flat well fitting shoes with non-slip soles

Look where you are walking

On buses, trams and trains, don’t move when they are moving. Ask the driver to wait until you are seated.

For more information visit:
Preventing falls and harm from falls
www.sahealth.sa.gov.au/safetyandquality