Out and About

Hints to help you feel confident in public places.

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

- **Use hand rails**.

- **Use your walking aid**.

- **Look** where you are walking.

- **Wear** hat, glasses and **hearing aid**.

- **Wear** flat, well-fitting shoes with **non-slip soles**.

- **Don’t rush** or run.

For more information visit:
Preventing falls and harm from falls