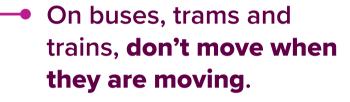
Out and About

Hints to help you feel confident in public places.



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
sahealth.sa.gov.au/safetyandquality

