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
sahealth.sa.gov.au/falls

Government of South Australia
SA Health

25031.6 April 2025