



Cane and Walker Safety

Learning the right way to use a cane or walker will boost your balance and support and minimize your chances of a fall. Start with some home safety measures, including removing throw rugs, electrical cords, and anything else that could cause you to trip. Tape or nail down loose carpet edges.

How-to's for cane users

- Wear shoes with good support and nonskid soles.
- Always hold your cane on your stronger side to reduce the amount of weight your weak or injured side must support and provide better overall balance.
- Put all your weight on your unaffected leg and move the cane and your weaker leg forward at the same time about 4 inches.
- Using the cane for support, step forward with your stronger leg. Your heel should be a little beyond the tip of the cane.
- Make sure your cane is placed firmly on the ground with each step. Don't place it too far ahead or it might slip from under you.
- Keep an eye on the path ahead when walking, so you don't miss something on the floor that could trip you.
- Don't carry heavy objects while using your cane. Carry lighter items in a backpack or bag.
- Check the cane's nonskid rubber tip often, and replace it when worn.

How-to's for walker users

- Wear shoes with good support and nonskid soles.
- Place (or roll) your walker firmly on the ground a step's length ahead of you. Don't place it too far ahead or it might slip from under you.
- Lean slightly forward, hold the arms of the walker for support and take a step into it. Don't step too close to the walker or you might lose your balance.
- Don't carry heavy things while using your walker. Many models come with a basket, shelf or bag for lighter items.
- Don't use a walker on stairs.
- Check rubber tips often and change them when worn.



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