

PegStilts.com

Life is too short,  
Walk taller!



Circus Stilts for  
Kids and Adults,  
Lessons,  
Costumes, & More

PegStilts.com  
503-236-7327  
Lakeside OR USA

Woman Veteran Handmade since 2008  
Bulk Discounts are available.

## Stilt Walking Safety Information:

ALL CHILDREN SHOULD HAVE A RESPONSIBLE ADULT PRESENT AT ALL TIMES DURING USE of PEGSTILTS.COM PRODUCTS.

PegStilts.com kids size stilts are recommended for ages 8+ only!

### SAFETY EQUIPMENT:

It is very highly recommend to ALWAYS WEAR KNEE PADS when Stilt Walking!

*No matter what your skill level is.*

If your knees are protected, AND you learn (and practice) to fall properly, then you are “*more likely*” to land on your padded knees safely, and therefore decrease your chances of injury if/when you fall unexpectedly.

PegStilts.com recommends knee pads with the plastic cup on the outside, NOT the all-fabric type.

### **Additional optional safety equipment includes:**

**Elbow pads, wrist guards, bicycle helmet, gymnastics mats, spotters (helpers on the ground).**

### SURFACE AND ENVIRONMENT NOTES:

Peg Stilts are NOT recommended for use on smooth/slick surfaces (such as waxed hardwood, ceramic tile, or polished concrete floors), hills, steps/stairs, certain gravel, icy/wet/slippery surfaces, or hiking trails due to falling, slipping, and tripping hazards.

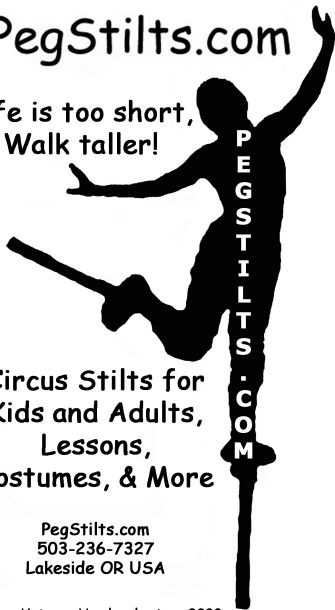
Peg Stilts are best used on grass, asphalt, concrete, dry dirt, and carpet where good traction can be obtained.

Your best asset on stilts is your own awareness of your surroundings.

Pay attention to who is around you and what they are doing, kids, animals, strollers, weather conditions, intoxicated people, all call for extra attention as does the surface you are walking on, and anything else in your surroundings that could be problematic, or be a navigation or safety issue.

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## STILT WALKING BASICS:

Falling while using stilts CAN be dangerous. Remember, safety first!

**WEAR YOUR SAFETY GEAR,  
ESPECIALLY KNEE PADS!**

Use a spotter (helper), a long pole,  
a wall, or tall object at first, until  
you figure out the balance of  
walking and rhythm of being up  
tall.

You can not stand still, balance  
comes from movement on peg stilts.

You **MUST** always be moving your  
feet (marching in place) when on  
peg stilts.



## RECOMMENDATIONS:

- Try to find your center, stand straight up tall.
- Try to walk as normally as possible, paying attention to your hips and knees.
- Look out in front of you, rather than down.
- Breathe - In and Out, no really!
- Strong hips/legs/knees, but not rigid.
- Lift from your knee and hip, rather than your foot, this will help you relax more.
- Relax your feet/ankles if you get shin cramps.

You should not need to flex your foot to pick up the stilt, the foot strap should be tight enough that the stilt lifts when your leg lifts. If it doesn't, then tighten the straps for the foot and knee (you want them tight), or attach your shoes permanently to your stilts for extra security.

**BONUS: You can permanently attach your shoes if you'd like.**

Instructions are in PegStilts.com Use & Maintenance FAQs:

[https://cdn.shopify.com/s/files/1/0023/4058/5535/files/shoe\\_attachment\\_instructions.pdf?5743753748376118929](https://cdn.shopify.com/s/files/1/0023/4058/5535/files/shoe_attachment_instructions.pdf?5743753748376118929)



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## PRACTICE HOW TO FALL SAFELY :

Falling while using Peg Stilts CAN be dangerous.

Remember, safety first!

**WEAR YOUR SAFETY GEAR, ESPECIALLY KNEE PADS,  
ALWAYS!**

PegStilts.com encourages ALL Stilt Walkers to practice controlled falls regularly, especially when you are first learning, so that you can train your body how to fall properly, that way when you get caught off guard, your body will more instinctively and quickly respond to an unexpected fall in the right way.

*Practice falling, with your kneepads on, before putting on your stilts, so your body knows better what to expect once you're strapped in.*

*After practicing a few times off the stilts, then put your kneepads and stilts on, and the first few times falling, practice with a spotter (assistant) on gymnastics mats (or soft grass) until you feel comfortable to practice on your own.*

**Basic Idea:** Drop forward to your knees (meanwhile leaning your chest back), sit your bottom onto your feet heels, with your hips relaxed and core (stomach and back) strong but not rigid.

### **Technique:**

- When you lean your chest back, you are trying to make a straight line from your knees, through your hips, chest and up to your head.
- Do not to bend forward at all
- Do not to use your hands to "catch" yourself (behind or in front of you), hands should be a last resort.
- Think "rock-n-roll guitarist slide"
- IF you do have you use your hands though, you'd want to put both hands flat out in front of you and make a triangle between your thumbs and forefingers. This will allow your elbows to bend and for you to block your face as well. If your hands are pointed forward or out, you are more likely to have elbow/wrist issues.

### **Physics:**

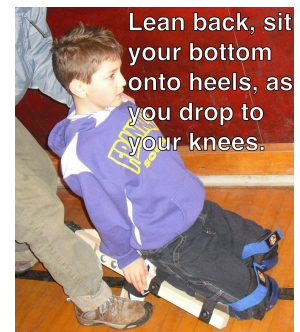
- By sitting your bottom on your heels and leaning back you decrease the amount of pressure and impact onto your knees
- By leaning your chest back you slow down the velocity of the fall and likelihood of needing to use your hands

**DO NOT land straight up (vertically) on your knees.** You will send shock and pressure into knees, hips, back, and further up your spine, also you are more likely to have to use your hands.

**DO NOT fall forward onto your hands,** this could result in serious injuries to your hands, arms, elbows, shoulders, etc.

**DO NOT fall backwards.** Falling backwards can be very dangerous for your entire body, but particularly the hips/tailbone, spine, neck, and head.

**DO NOT make strap adjustments while standing!** Sit down on a stable elevated surface, make the adjustments and then try again.





## **PEGSTILTS.COM DISCLAIMER:**

PegStilts.com does not endorse, allow, or permit the copying of our peg stilt design, style, or construction.

DO NOT make a pair of your own stilts, or for others, using PegStilts.com products to copy from.

PegStilts.com reserves the right to file legal complaints, including Cease and Desists and court actions if that is necessary.

If you would like to know how to build stilts of your own, there are instructions that are downloadable for free from the internet from other companies, or we could chat about purchasing a copy of PegStilts.com design for your limited use.

Stilt walking can be quite safe provided that safety precautions are taken.

A list of recommended safety equipment can be found included in this document.

However, ALL activities, including Stilt Walking, DO have risks, and by attempting to stilt walk YOU acknowledge that YOU are responsible for the safety of yourself, others around you, including property and possessions.

By purchasing or using PegStilts.com products, YOU assume ALL responsibility, liability, and risk to yourself and others around you.

If you injure yourself, others around you, or any property or possessions, while stilt walking, training, or otherwise using PegStilts.com products or suggestions, whether properly or improperly, Krickit Caffery, PegStilts.com, and any/all affiliates, owners, officers, directors, employees, and agents assume NO responsibility for injuries or damages incurred.