

WALKING STICK SAFETY

General principles for using a walking stick safely:

- Your walking stick should be adjusted for your height. The hand grip should be level with your wrist when your arm is at your side.
- Use your walking stick in the opposite hand to your affected or weaker leg. Bring it forward with your weaker leg.
- Renew the rubber stopper when it is worn. Have a look at the end of your walking stick now.
- Apply luminous tape to make it easier for others to see you when it is dim or dark.

Remember:

- **Walk with your legs a little wider apart to make ramps and slopes easier.**
- **On stairs or gutters:**
 - **step up first with your stronger leg.**
 - **step down with your weaker leg.**