

Folding Wheeled Walker — *Training and Safety Guidelines*

For your safety

Following these safety guidelines will help reduce potential risks. Refer to the manufacturer website if you would like further information about your equipment.

- Make sure all four legs are on the ground before taking a step.
- Always have at least part of your body inside the frame of the walker.
- Work at keeping a good posture — don't lean forward over the walker.
- Push up from your seat to a standing position — don't use your walker to pull yourself up.
- Do not use your walker on stairs or an escalator.
- Watch out for electrical cords, water on the floor, toys on the floor, and throw rugs.

How to set up your walker

Unfolding

Pull the side frames open and listen for the click as the hinge locks.

Folding

Hold down the tab on the top cross bar and push the side frames toward the front of the walker. Release the tab.

Adjusting the height

Adjust the height by changing the length of the foot piece extensions. Push the pin in to change the length. Make sure it snaps back into place and protrudes about ¼ inch though the hole after you have made the proper adjustments.

When you are standing as straight as possible and your arms are hanging at your sides, the handles of the walker should be at the height of your wrists.

Adjusting the walker to the proper height is important to maintain good posture and balance.



How to use your walker

- Stand in the middle of the walker.
- Grasp the grips on each side of the walker with both hands.
- Push the walker forward at an arm's length that feels comfortable. The back legs of the walker should be even with your toes.
- Step forward with your weaker leg into the middle of the walker. Continue to grasp the walker grips with both hands.
- Step forward with your stronger leg. Keep weight off your weaker leg by supporting some weight with your arms.

Other Tips

- Keep your elbows bent slightly to help maintain good posture.
- Keep an eye on what's ahead of you.
- To turn or change direction, you may need to lift the walker.
- Your healthcare professional may adjust the walker to meet your particular needs.

Cleaning & Maintenance

- Wipe with a damp cloth once a week or when soiled.
- Check the tips on the back legs of the walker often and replace them when they become worn. New tips are available from your medical equipment supplier.
- Sliders may be used on the back legs of the walker — they may reduce wear on your carpets.

Call Intermountain Homecare & Hospice if...

- You experience any problems with your walker.



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