

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/safetyandquality



Government
of South Australia
SA Health