

Tips For Using A Rollator Walker Safely



Engage the brakes of the rollator walker before you sit up or stand using the walker's support.

Adjust the speed of the walker based on the terrain.



Take shorter steps on uneven terrain.

Wear anti-slip shoes when using the rollator walker outside.



Position your rollator walker a few steps ahead before you begin walking.

Always face your rollator walker even when turning around, and don't twist back.



Image: Amazon