

# HAPPY FEET, HAPPY HEART

## 步步友行，身心健康



Use grab bars when going over a step or curb  
越过台阶或路缘时使用扶手



Lock wheelchair when stationary  
静止时锁定轮椅



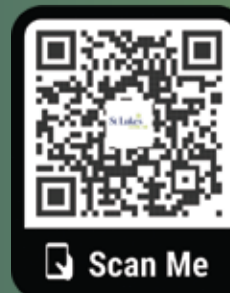
Use walking aids when prescribed by your therapists  
使用治疗师推荐的助行器



Install grab bars next to toilet and shower areas  
在厕所和沐浴区旁边安装扶手



Use this questionnaire to learn more about falls prevention tips and find out if you or your loved ones are at risk of falling  
要知道自己或亲人有跌倒风险，请使用此问卷  
[tinyurl.com/SLECFallrisk](https://tinyurl.com/SLECFallrisk)



Visit our falls prevention page to view our falls prevention video and info sheets  
请上我们防止跌倒网页详细了解更多的资讯  
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