

WALKING SAFETY TIPS

- Before beginning any activity, talk with your medical doctor and your eye doctor. Some medical and eye conditions can be affected by bending, lifting, straining, or unusually rapid movement.
- Meet with an Orientation and Mobility Specialist. This vision rehabilitation professional is trained to teach you safe techniques for walking in your community.
- Create a routine or route that you can follow consistently to learn the particulars of the route, such as sudden drop-offs, protruding foliage, or interfering animals (and even neighbors).
- Use a field track or an indoor shopping mall for your walking routine. Many malls have "mall walking" groups that meet before the stores open for business.
- Ask if your local parks have special walking paths. Find out if the walking paths also have lanes for bicycles or joggers, so that you'll know what side of the path to walk on.

Page 1 of 2

Brought to you by:



This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the dark.*

Become AWARE!

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.



WALKING SAFETY TIPS *(cont.)*

- Walk with a friend or family member who will help point out important safety issues along your route, such as construction sites, objects in your path, or even other walkers.
- Join a walking club or create a walking group. Studies have shown that walking with others increases motivation and adds incentives for longer walks, which can be beneficial to your health.
- For longer hikes, it's usually a good idea to travel with another person to ensure your safety in case of an emergency.
- Carry water for hydration and a mobile phone in case of an emergency. And don't forget your sunscreen!
- Take a sensory walk or hike, in which the focus is on enjoying the environment through your senses and not on the distance to be traveled.

Page 2 of 2

Brought to you by:



This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

AWARE
P.O. Box 96
Mohegan Lake, NY 10547
914-528-5120

Learn more at:
awareusa.org
visionaware.org

Join us on Facebook:
visionaware.org/facebook

Follow us on Twitter:
twitter.com/visionaware

*Don't let vision loss
keep you in the dark.*

Become AWARE!

A downloadable service brought to you by:
VisionAWARE, a Program of AWARE, with funding provided by the
National Eye Institute, National Institutes of Health.

