

# Step-by-Step: Helping a Person Walk

## Helping a Person Walk.

Begin by washing your hands with soap and water for at least 20 seconds.

Fasten a gait belt around the person who will be walking. Once in place, you can grip it to steady them when they are standing up, walking, and sitting back down.

Help the person put on their socks and shoes. For safety, their shoes should fit securely and have rubber treads.

Stand slightly behind the person on their weaker side. Grip the gait belt from behind with both hands.

Tell the person to look straight ahead and not down at their feet while walking. Walk alongside and slightly behind them.

Take slow, small steps for short distances.

If the person loses their balance and begins to fall, spread your legs farther apart and hug them close to you.

With your knees bent, gently lower the person to the ground. Focus on keeping their head protected.

If you are walking close to a wall, gently push the person against the wall to help slow the fall.

After checking for injuries, call for someone to help you lift the person off the floor.

If no help is available, move a chair without wheels in front of the person.

Help the person into a kneeling position facing the chair.

If they are unable to change positions or you cannot move them on your own, call their healthcare provider.

If they are able, have the person place their hands on the chair seat for support.

Grasp the gait belt from behind with both hands.

With your knees bent, help the person stand up.