

SAFE EXERCISE AT HOME

RISK ASSESSMENT TIPS FOR AMPUTEES AND INDIVIDUALS WITH LIMB DIFFERENCES

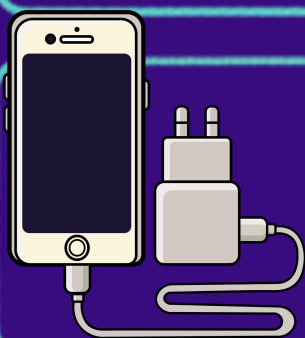


CLEAR THE AREA

Remove any obstacles, rugs, trips or hazards. Ensure a non-slip surface.

WEAR PROPER FOOTWEAR

Use supportive shoes with good grip to prevent slips.



KEEP EMERGENCY CONTACTS CLOSE

Have phone handy in case of urgent needs.

CHECK PROSTHETICS

Inspect your prosthetic and liner for fit, wear, and secure attachment.



USE SUPPORT

Utilise a sturdy chair or wall for balance during exercises.

SECURE EQUIPMENT

Ensure all bands and weights are safe and stable.



WARM-UP THOROUGHLY

Prepare your body with gentle movements before intensity.

STAY HYDRATED

Drink water before, during, and after exercise.



LISTEN TO YOUR BODY

Rest when needed; respect your limits today.

Stay Safe and Enjoy Your Workout!

Stop if you experience pain.