

# Exercise Safety Checklist

Exercising safely is important. You should not begin your exercise session if you are not feeling well (due to a cold, flu, or other medical condition) or if you have not taken your regular prescription medications (if you take any). There are other safety measures you can take to minimise your risk of falls while exercising. Make sure you have completed the training and passed the training quiz, read the Exercise Safety resource and have a support person to assist you with the *StandingTall* program if you need. Another important thing you can do is to rate the difficulty of the exercises honestly and accurately, because this determines when the exercises are made more or less difficult.



Before commencing an exercise, ensure that you have ticked Yes to all of the following.

	Yes	No
<b>Exercise set-up and procedure</b>		
Do you have a chair, kitchen bench, table or something sturdy next to you to hold onto?		
Do you have an exercise area approximately 3m <sup>2</sup> so that you have enough room to safely exercise?		
Is the exercise equipment (step, foam) within easy reach, but not posing a trip hazard?		
Position your mobile device or desktop at eye level and within arm's reach so that you can see the screen easily when exercising		
If using a tablet device, is it in a secure position, such as on a stand, for the duration of the exercise session? (It is a good idea to purchase a protective case for your device.)		
Is the exercise area free of any other furniture or anything that may pose a trip hazard?		
Is the exercise floor surface flat, level and safe? i.e. have any rugs or mats been secured down?		
Is a telephone within reach?		
Have you watched the exercise demonstration videos? (Watch the demonstration video fully the first time and again if you are unfamiliar with the exercise)		

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You		
Are you wearing appropriate shoes? Do not exercise with bare feet, socks or slippers		
Are you feeling well, have you taken your regular medications? (Don't exercise if you aren't feeling well or haven't taken any regular medication.)		
Are you wearing comfortable, well-fitting clothes?		
If you have had a long break from exercising using the StandingTall program, have you contacted your exercise specialist to adjust your exercises?		
If you have any chronic health conditions, have you checked with your health care provider that StandingTall is right for you?		