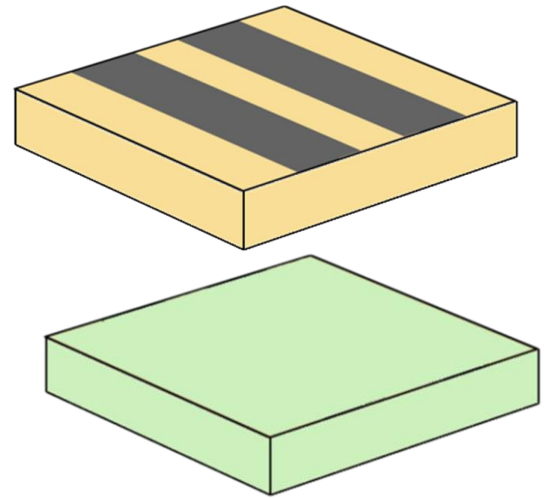


Equipment Safety Checklist

The *StandingTall* program requires some equipment to add variety to your sessions and progress your exercises as your balance improves. Take a look at our 'Where to buy equipment' resource for information on the correct type of equipment, as well as possible stockists. When using equipment to exercise, remember that anything located on the floor is a potential tripping hazard. Be careful when stepping around and onto the foam and step, always have a stable support nearby. Also, ensure you are placing them on a flat, level and non-slip surface.



Before commencing a *StandingTall* exercise session, ensure that you have ticked **Yes** to all of the following:

	Yes	No
Step Box		
Is the step box an appropriate height for your ability (10-15cm)?	<input type="checkbox"/>	<input type="checkbox"/>
The step box has a dimension of at least 35x35cm	<input type="checkbox"/>	<input type="checkbox"/>
The step box has slip-resistant foot strips	<input type="checkbox"/>	<input type="checkbox"/>
The step box is always placed on a non-slip, level surface during exercise	<input type="checkbox"/>	<input type="checkbox"/>
A suitable support (such as a chair) is within reach	<input type="checkbox"/>	<input type="checkbox"/>
Foam		
The foam (if using) should have dimensions of at least 65cmx65cm, and a density of 3" 29/200 or 35/200	<input type="checkbox"/>	<input type="checkbox"/>
The foam (or rolled up towel, or cushion) is always placed on a flat, non-slip surface before standing on it	<input type="checkbox"/>	<input type="checkbox"/>
A suitable support (such as a sturdy chair or bench top) is within reach	<input type="checkbox"/>	<input type="checkbox"/>