

# Get on Board

OVER **800** OLDER  
PEOPLE FALL ON A BUS  
EVERY DAY

Here are a few tips to help  
you stay steady on the bus:

- 1. Use the handles** on the passenger doors to help steady yourself when stepping on to and off the bus. If you are having difficulty, ask the driver to lower the floor.
- 2. Do ask other passengers for a **priority seat**** at the front of the bus.
- 3. Don't feel you have to rush** to sit down; you can ask the driver to wait until you are seated before driving off.
- 4. If at all possible, try not to travel with lots of bags.** These will prevent you from holding the handrails. A shopping trolley may be a safer option.
- 5. If you need to, ask the driver to give you time to leave the bus safely. Stay seated until the bus stops.** Ask other passengers for help if you need it.



If you have a fall on a bus, please tell the driver or ask another passenger to do so. See your GP for a referral to a falls specialist. For more information visit [www.helptheaged.org.uk/fallsday](http://www.helptheaged.org.uk/fallsday)

Age Concern England (charity number 261794) has merged with Help the Aged (charity number 272786) to form Age UK, a charitable company limited by guarantee and registered in England; registered office address 207–221 Pentonville Road, London, N1 9JZ, company number 6825798, registered charity number 1128267. Age Concern and Help the Aged are brands of Age UK. The three national Age Concerns in Scotland, Northern Ireland and Wales have also merged with Help the Aged in these nations to form three registered charities: Age Scotland, Age NI, Age Cymru.

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