

Ten tips to guiding a person with sight loss

3



working together

RNIB

Supporting people
with sight loss

Action for blind people



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The advice given here will help you feel confident about guiding a person with sight loss.

- 1 Always offer assistance first, not everyone will need help.
- 2 Introduce yourself - ask the person where they want to go and how they wish to be guided.
- 3 Ensure you are one step ahead of the person you are guiding.
- 4 Give instructions where necessary but don't overdo it.
- 5 Be aware of hazards at ground level and at head height.
- 6 When guiding, give information about the people who are present and the environment as you move around.
- 7 Explain your actions.
- 8 When approaching seating, tell the person where the seat is and guide their hand to the back and seat of the chair, so that they can sit down independently.
- 9 Remember to allow extra space around obstacles.
- 10 Remember if someone is blind, it doesn't always mean they have no sight at all.