

USING A WHEELCHAIR

Pushing someone in a wheelchair

*Pushing a wheelchair up and
down a kerb*





USING A WHEELCHAIR

SAFETY TIPS

Safety Tips

- Always look for kerb ramps.
- Do not attempt to take a person up a kerb if it is higher than you can manage.
- Never attempt to lift a wheelchair by the arm rests.
- Know how to apply and release the brakes before you set off.
- Know how to fold and release the footplates before you set off.
- Ensure tyres are inflated and the wheelchair is serviced regularly.

PUSHING SOMEONE IN A WHEELCHAIR



Carer's posture

Maintain good back posture. Have your elbows slightly bent.

Avoid pushing a person up a steep slope if you suffer from regular back pain.



WARNING

Do not push like this—it is bad for your back.

PUSHING A WHEELCHAIR UP AND DOWN A KERB



To go up the kerb

Back into the edge of the kerb.

Place one foot on the tipping lever at the rear of the chair and tip the chair back on its wheels.

Pull the chair up the kerb.

Caution: avoid this task if you have back pain or any other discomfort. If the person is heavy, do not attempt this on your own.



To go down the kerb

Roll the chair to the kerb.

Gently roll it down over the kerb, tipping the chair slightly backward if necessary.