

Wheelchair and Accessories: Training and safety guidelines

For your safety

Follow the safety guidelines below to help reduce potential risks. Refer to the manufacturer's website if you would like further information about your equipment.

- Use a seat belt as needed to maintain proper positioning in the chair.
- Keep your weight centered in the chair when reaching for objects—shifting forward or back could cause the chair to tip over or roll out from under you.
- Keep anti-tippers in the down position unless going over curbs.
- **DO NOT** use the wheelchair to do “wheelies.”
- **DO NOT** use the wheelchair on an escalator.
- **DO NOT** use the wheelchair for sitting in a vehicle.
- Use the wheel locks to stabilize the chair during transfers.
- Wheel locks are not brakes—don't try to stop a moving wheelchair with them.
- Keep hands and fingers away from the moving parts of the wheelchair.

How to use your wheelchair

Unfolding the wheelchair

- 1 Tilt the wheelchair toward you, raising the opposite wheel and caster off the floor.
- 2 Place your hand on the top of the seat rail closest to you where the seat upholstery is attached.
- 3 Point your fingers and thumb to the inside of the wheelchair.
- 4 Press downward on the top of the seat rail until the wheelchair is fully open.
- 5 Engage both wheel locks and open the footrest/legrest.

Folding the wheelchair

- 1 Swing the legrests to the front, locked position.
- 2 Push the footplates to the vertical position.
- 3 Stand or sit facing 1 side of the wheelchair.
- 4 Grasp the middle of the seat at the front and back edge and pull up to close the hinged frame.



Transferring to and from the wheelchair

- 1 Remove or swing away any armrest, footrest, and/or legrest that may be in the way, if possible.
- 2 Position the wheelchair as close as possible to the seat to which you are transferring.
- 3 **LOCK the wheels.**
- 4 Shift body weight to the seat.

Only try transfers by yourself if you have good mobility and upper body strength. Practice with a caregiver before performing the maneuver alone. Use a transfer board and/or a caregiver if necessary.

For caregivers, when you are pushing a wheelchair

Going forward over a curb

- 1 Turn anti-tippers to the up position.
- 2 Tilt the chair back to the balance point and then roll it forward until the front casters clear the curb.
- 3 Set the casters down and push the chair forward so that the rear wheels roll up and over the curb.
- 4 Return the anti-tippers to the down position.

Going backward over a curb

- 1 Turn anti-tippers to the up position.
- 2 Stand on the upper sidewalk with the rear wheels against the curb.
- 3 Readjust the anti-tippers to the down position.
- 4 Pull the chair up and over the curb.

More than one caregiver may be needed to go over a curb backward.

Equipment care

Clean your wheelchair and accessories

- Wipe down the metal parts and vinyl upholstery once a week or more often if it gets dirty. Use a soft cloth and a mild cleaner.
- Use a commercially available upholstery cleaner to clean cloth upholstery once a month or when soiled.

Look for signs of wear and tear

- Examine tires and casters.
- Look for loose rims and cracks.
- Check the spokes for proper position and connection to the wheel.
- Look for any wobbling motion in the wheels.

When should I call my provider?

Call your healthcare provider if:

- Your needs change and you want to exchange or replace the type of wheelchair or accessories you are using
- You or your caregivers need more training on transferring to your wheelchair or getting around better

When should I call Intermountain Homecare & Hospice?

Call Intermountain Homecare & Hospice at 1-800-527-1118:

- If you notice signs of wear and tear
- If you experience any problems with the wheelchair or accessories
- When you are ready to return the wheelchair

Content created and approved by Intermountain Homecare & Hospice

Intermountain Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Se proveen servicios de interpretación gratis. Hable con un empleado para solicitarlo. 我們將根據您的需求提供免費的口譯服務。請找尋工作人員協助。