Intermountain® Healthcare

HOMECARE SERIES

Wheelchair and Accessories
Training and Safety Guidelines

For Your Safety

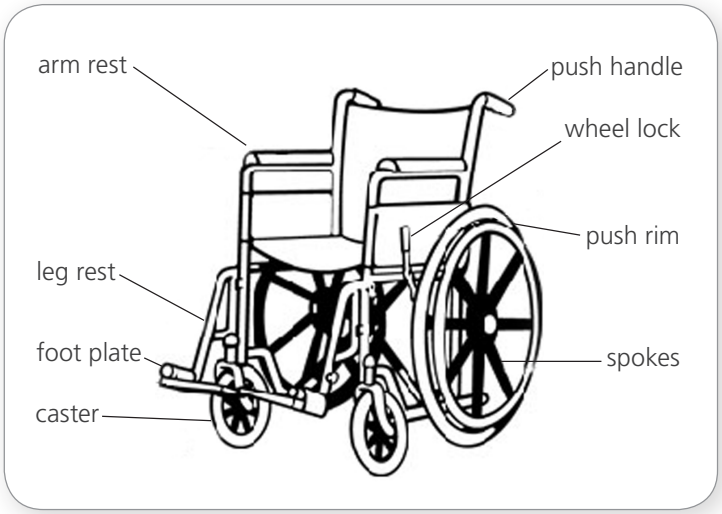
Following these safety guidelines will help reduce potential risks. Refer to the manufacturer website if you would like further information about your equipment.

- 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
- No wheelies
- **DO NOT** use the wheelchair on an escalator
- **DO NOT** use the wheelchair for seating 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 chair 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 foot rest/leg rest.



Folding the wheelchair

1. Swing the leg rests to the front, locked position.
2. Push the foot plates to the vertical position.
3. Stand or sit facing one 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 the impeding arm rest, foot rest, and/or leg rest, 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 attempt independent transfers 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.

Caregiver

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 attendant may be needed to accomplish this maneuver.

Equipment Care

Clean your wheelchair and accessories periodically

- Wipe down the metal parts and vinyl upholstery once a week or when soiled with a soft cloth and a mild, non-abrasive 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

Who to Call

Call your doctor or nurse if

- Your needs change and you want to exchange or replace the type of wheelchair or accessories you are using
- You need additional training in wheelchair transfers and mobility techniques

Call Intermountain Homecare & Hospice

- 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

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