

Carers Information Card – How to safely push a person in a wheelchair.

1. When parking, the carer should always look for appropriate kerb ramps and flat ground surface to park next to.
2. Ensure that the wheelchair has good tyre pressure.
3. When pushing the wheelchair on and off the vehicle ramp or lifter, the carer should maintain good back posture.
4. The carer should apply and release the brakes once the person is safely on the ramp or lifter.



To push safely -

1. Stand close
2. Arms near your body, elbows bent.
3. Maintain good posture
4. Use your body weight



Pushing UP a kerb -

1. Tip the chair back using the tilt bar, and place front wheels on step.
2. Push steadily and firmly until the back wheels ride up



Going DOWN a kerb -

1. Reverse to edge of kerb, gently lower wheels down
2. Move backwards until front wheels come down.



NOTE: If you don't feel confident, have any difficulty assisting with this in any way, please let nursing or support know.

Going DOWN a slope -

1. Clear any obstacles.
2. Go down backwards slowly
3. Keep a straight back.



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Purpose: To provide information that reinforces the education provided by nursing or support staff to assist carers to be able to push a wheelchair safely without injury to either themselves or the patient.

Note:

1. If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
2. If this equipment is faulty or damaged in anyway, please let nursing or support staff know.

Please contact: The Community Palliative Care Service if you have any concerns.

Further Information: www.caresearch.com.au

Acknowledgements: Physiotherapist – Kyneton District Health Service
Occupational Therapy Department- Swan Hill District Health

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.