One minute guide

Developing Independent Wheelchair Skills

**Manual Wheelchair**



**Wheelchair Safety checks**

* Check brakes are in good working order and tyres have sufficient tread.
* Make sure lap belt is well-fitted and securely fastened.
* Check for 90 degree angle thigh to shin (check foot plates are at correct height)
* Make sure anti tips are in place.
* Take any bags off the wheelchair especially when taking part in activities.

**Basic Training Tips – Manual Wheelchair**

**Manual wheelchair movement**

* Grasp the hand **rims** evenly with both hands to push forwards
* Make sure hands are positioned at “11 o’clock” (behind you) for starting,and release at “2 o’clock” (in front) when finishing the push.
* Push using long smooth strokes and match to speed of wheels
* Avoid jerky movements that could cause the wheelchair to tip
* Lean forward to avoid the front wheels lifting from the ground

**Stopping**

**Slowing can be controlled by how hard the hand rims are gripped. The rims should run through the wheelchair users hands. If they stop too quickly the wheelchair may tip forwards. To prevent this they should lean back when required to stop quickly.**

**Wheelchair Maintenance**

For Minor repairs such as footplate adjustment or broken or a flat tyre contact Rosscare on **01132 777007**

For any major adjustments you are unable to resolve to accommodate growth please contact Wheelchair Centre on 0113 206 3855

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