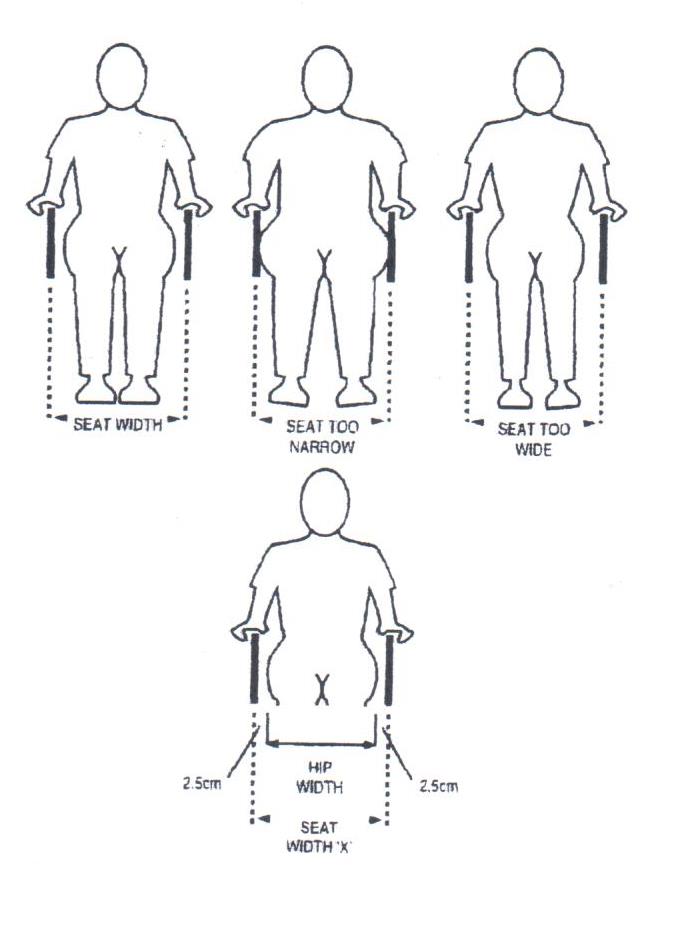
**MEASURING A CLIENT FOR A WHEELCHAIR**

The following is a basic guide for measuring a client for a help “fit the chair” to the person.

**SET WIDTH**

Distance between chair uprights should be (X): the width of the client’s hips while maintaining good seating stability.

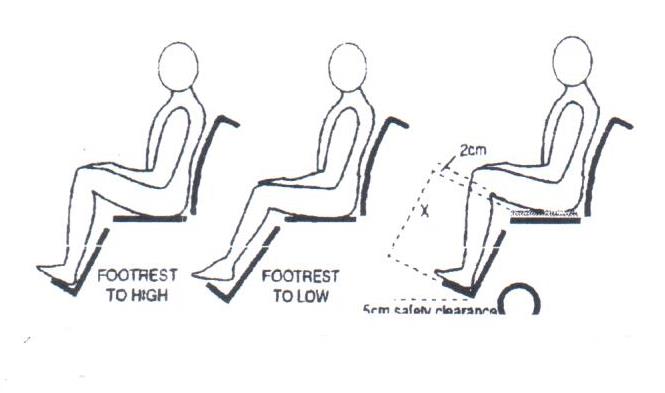
NB. The seat will determine the overall width of the chair.



**FOOTPLATE HEIGHT**

The client should be seated on the cushion to be used.

Adjustment in the leg rests should allow for a distance of 2cm (flat of the hand) LESS than the distance between the seat (cushion) and the sole of the foot (on footplate). This avoids pressure on the back of the knee. There should be safety clearance of 5cm between the lowest part of the largest or footplate and the floor.



**CAUTIONS**

Extreme caution should be used on slopes and in wet or slippery conditions.

Use brakes when stationary.

Keep feet on footrests when chair is in motion.

Exercise caution with hands and wheelchair wheels when in motion.

Avoid kerbs where possible.

**PUSHING AN OCCUPIED WHEELCHAIR DOWN A KERB**

It is safer to go down a kerb backwards. It requires less strength and gives a gentler ride. Care should, however, be taken due to the weight of the chair and because the task involves stepping backwards into a road.

1. Practise with an empty wheelchair first.
2. Always keep the wheelchair user informed about what you are intending to do.
3. Make sure the road is clear, and then back the wheelchair to the edge of the kerb.
4. Ensure that the chair is lined up at 90° to the kerb.
5. Slowly roll the rear wheels down from the kerb and onto the road surface, making sure that both wheels touch down at the same time.
6. When the front casters are at the edge of the kerb, push down and forward on the tipping lever with your foot while gently pulling back on the handles and at the same time. This will balance the wheelchair and its occupant on the rear wheels. Do not tip the wheelchair back more than necessary.
7. Carefully pull the wheelchair further back into the road and, when the occupant's feet are clear of the kerb, gently lower the front to the road. Check that the road is clear before turning around and crossing.

**PUSHING AN OCCUPIED WHEELCHAIR UP A KERB**

It is safer to go up a kerb forwards. It requires less strength and gives a gentler ride.

1. Practise with an empty wheelchair first.
2. Always tell the person in the wheelchair what you are about to do.
3. When the occupant's feet are nearly touching the kerb, push down and forwards on the tipping lever with your foot while gently pulling back on the handles and at the same time. This will balance the wheelchair and its occupant on the rear wheels.
4. When the front casters are just clear of the kerb, push the wheelchair forwards until the casters rest on the pavement. Do not tip the wheelchair back more than necessary.
5. Push the wheelchair forwards until the back wheels just touch the kerb and then lift up on the handles as you continue pushing forwards to place the rear wheels on the pavement. The occupant can help with this stage by pushing forwards on the handrims (if they are capable of doing so).

Information taken from: *www.safety.uwa.edu.au/incidents-injuries-emergency/first-aid/wheelchairs/assistance*