

# Information for patients, family and visitors

## EQUIPMENT SAFE USE GUIDE – PICK UP FRAME

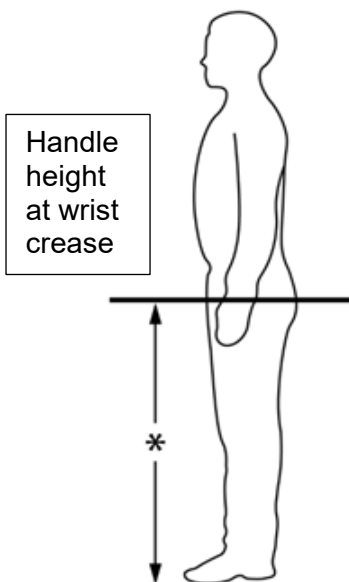
### Pick Up Frame



This is a guide to be used with advice from your physiotherapist or health professional. Speak to a health professional for advice on how to choose the right walking aid and use it safely.

Your pick-up frame may be slightly different from this picture.

#### How to make the frame the right height for you:



- ◆ Stand up straight with your shoes on and your arms relaxed by your side.
- ◆ Adjust the height so that the handles of the frame are at the level of the crease of your wrist.
- ◆ To adjust the height, push in the button on each leg and slide up or down to the appropriate notch.
- ◆ After adjusting the height, check that all adjustment buttons click into place.
- ◆ When you place both hands on the handles of the frame, your elbows should be slightly bent.
- ◆ As your frame may be different, please speak with your health professional or follow information from the manufacturer.

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### How to use your pick-up frame:

- ◆ **To stand:** Push up from the chair or bed, before placing your hands on the frame. Do not use the frame to pull yourself up, as it may tip over.
- ◆ **To walk:** Stand up straight and walk at a safe pace. Do not put the frame too far in front of you. Make sure all four legs of the frame are on the ground before stepping.
- ◆ If you have been told to put less weight through your leg, ask your health professional how to do this safely.
- ◆ **To turn:** Turn slowly. Keep your feet between the back legs of the frame.
- ◆ **To sit:** Make sure you can feel the chair or bed with the back of your legs. Put both hands back on the chair or bed before you sit down.

### Safety:

- ◆ Check the safe user weight limit before using the frame.
- ◆ Put two hands on the handles of the frame when walking. Putting weight on one side may cause it to tip.
- ◆ Have someone help you until you feel safe and ready.
- ◆ Make sure you have a clear pathway and remove rugs and other dangers.
- ◆ Be careful when walking over uneven or wet ground.
- ◆ Do not hang bags on the frame. This may make it harder to use or cause it to tip.
- ◆ Do not use or carry the frame on stairs.

### How to look after your pick-up frame:

- ◆ If the frame appears damaged, do not use it.
- ◆ Check that the stoppers are in good condition and attached firmly.
- ◆ To clean, wipe with a mild soap.

Use the QR Code to watch the CEC Safe Use Mobility Aids Video:

