

EQUIPMENT SAFE USE GUIDE

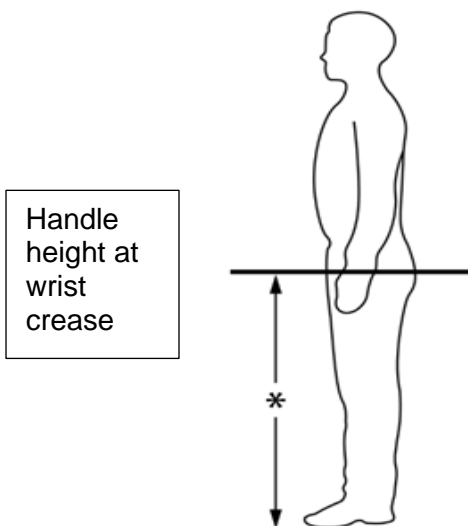
Four Wheeled Walking Frame

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



Your four wheeled walking frame may be slightly different from the frame in 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, loosen the knobs on the outside of the frame and move the arms up or down. Once at the correct height, tighten the knobs.
- ◆ 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 a relevant health professional, or follow information from the manufacturer.

How to use your four wheeled walking frame:

- ◆ **To stand:** Lock the brakes on the frame. 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 push the frame too far in front of you. Turn slowly, keeping your feet between the back wheels of the frame.
- ◆ **To use the brakes:** Squeeze the handle brakes to slow down the frame. Push down the handle brakes to lock. Pull up the handle brakes to unlock.
- ◆ **To sit:** Make sure you can feel the chair or bed with the back of your legs. Lock the brakes of the frame. Put both hands back on the chair or bed before you sit down.

Safety:

- ◆ Check the safe user weight limit before using the frame.
- ◆ Do not sit on the frame unless absolutely necessary, as you may fall. If you must sit on the frame, make sure it is on level ground, blocked against a fixed object such as a wall, and the brakes are locked. Do not move the frame while sitting on it.
- ◆ You should never be pushed by someone while sitting on the frame as you may fall.
- ◆ 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 confident.
- ◆ Be careful when walking over uneven or wet ground.
- ◆ Do not hang bags on the frame - this may make it harder to push or cause it to tip.
- ◆ Do not use or carry the frame on stairs.

How to look after your four wheeled walking frame:

- ◆ If the frame appears damaged do not use.
- ◆ Check brakes, wheels, and screws regularly.
- ◆ To clean – wipe with a mild detergent.

Watch the CEC Safe Use Mobility Aids Video: <https://www.youtube.com/watch?v=hmFudCrqXjc>

Acknowledgements: NSLHD and CCLHD Community Falls Prevention Committees. Royal Rehab.