

EQUIPMENT SAFE USE GUIDE

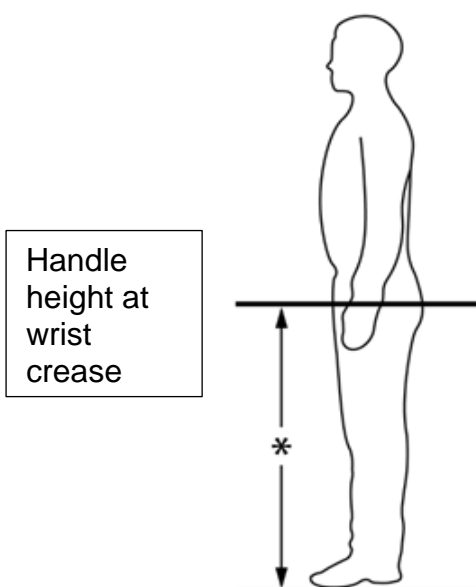
Pick-Up Frame

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 pick-up 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, 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 a relevant health professional, or follow information from the manufacturer.

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 advised to put less weight through your leg, ask a relevant 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 confident.
- ◆ Make sure you have a clear pathway and remove rugs and other hazards.
- ◆ 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.
- ◆ Check that the stoppers are in good condition and attached securely.
- ◆ To clean – wipe with a with a mild detergent.

Watch the CEC Safe Use Mobility Aids Video: <https://www.youtube.com/watch?v=uYL2IzRWxY0>

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