

## Lifting into a Car Boot

It is safer to use towbar mounted wheelchair carriers, powered boot hoists or boot sliding products to reduce lifting.

If manual lifting is the only option, get advice from a health professional who is trained in handling equipment manually.

Before lifting anything, know your limits and

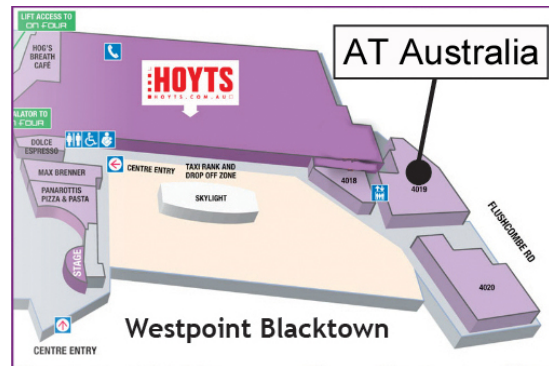


check that you can lift the weight safely.

Reduce the weight of the wheelchair by removing armrests, footplates and rear wheels.

**Assistive Technology Australia**  
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**Blacktown NSW 2148**

(previously known as Independent Living Centre NSW)



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# A brief guide to the Basic Handling of Manual Wheelchairs



**Disclaimer:** The provision of this information does not constitute a recommendation. Responsibility for final selection of items rests with the individual.

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## Moving to and from a wheelchair

Place the wheelchair as close as possible to the bed, chair or toilet.

Ensure the brakes are on before the occupant moves or stands up.

Swing the footplates out of the way or remove completely.

Remove the adjacent armrest to allow movement to and from the wheelchair.

The occupant can now move across.

## Folding

If handles are provided at each side of the seat, pull upwards and fold. If not, hold the seat at midpoint in front and back, pull upwards.



## Unfolding

Push down on both sides of the seat frame, keeping hands on top



## Tilting Backwards

Always warn the occupant before tilting the wheelchair.

Using the tipping lever located on the back of the chair; push down and under with your foot. At the same time pull back and down on the handgrips.

## Up a Kerb – Forwards

Face the front of the wheelchair to the kerb. Tilt the wheelchair onto the back wheels, and place the front castors onto the footpath. Push the wheelchair up and onto the footpath.

## Down a Kerb - Forwards



Face the wheelchair to the kerb. Tilt onto the back wheels and lower down the kerb.

Take care not to jolt the occupant.

## Down a Kerb - Backwards

Place the back of the wheelchair

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towards the kerb, grasp the handles and step backwards. Roll the back wheels down the kerb. Wheel the wheelchair backwards while tilted until front castors are cleared from the footpath. Lower to the ground gently

## Going Uphill



Keep the weight of your body forward when pushing the wheelchair up an incline. Keep your back straight and elbows slightly bent.

## Going Downhill

Travel slowly and safely down inclines to maintain control of the wheelchair.

If the slope is very steep, going down backwards may make the person in the wheelchair feel safer and prevent them from tipping out.

If a hill, ramp or kerb seems too steep for you, do not attempt to push a person up or down the incline.

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