

## Negotiating kerbs

*Whenever possible, it is best to avoid kerbs. Always try to use dropped kerbs or ramps. If you wish to negotiate kerbs unaided, do not do so until you have had proper instruction.*

*Ask your therapist (or an experienced wheelchair user) for help.*

## 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 needs to be taken though, because you will be stepping backwards into the road.

- Practise with an empty wheelchair first.
- Always tell the person in the wheelchair what you are about to do.
- Make sure the road is clear, then back the wheelchair to the edge of the kerb.
- Pull the rear wheels carefully down onto the road surface, making sure that both wheels touch down at the same time.
- When the front casters are at the edge of the kerb, pull back on the handles and at the same time push down and forward on the tipping lever with your foot. This will balance the wheelchair and its occupant on the rear wheels. Do not tip the wheelchair back more than necessary.
- 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.

- Practise with an empty wheelchair first.
- Always tell the person in the wheelchair what you are about to do.
- When the occupant's feet are nearly touching the kerb, pull back on the handles and at the same time push down and forwards on the tipping lever with your foot. This will balance the wheelchair and its occupant on the rear wheels.
- 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.
- 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.



## Guide to Using a Wheelchair on Long Term Loan from Shopmobility Watford

Reg. Charity No. 1017812

**01923 211020**

[info@shopmobilitywatford.org](mailto:info@shopmobilitywatford.org)

Citipark Church car park, Ground floor,  
Exchange Road, Watford,  
Herts, WD18 0BU

### Opening times

Monday - Saturday 10am to 5pm

Sunday – 11am to 5pm

**CLOSED BANK HOLIDAYS**

[www.shopmobilitywatford.org](http://www.shopmobilitywatford.org)

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## Getting into a wheelchair

- Make sure that both of the brakes are on.
- Fold up the footplates and swing them to the sides, out of the way.
- If possible, get someone to hold the handles of the wheelchair so that it will not move.
- With both hands on the front of the armrest, lower yourself onto the seat.
- Swing the footrest to the front and fold down the footplates, with your heels resting on the heel loops.

## Getting up from the wheelchair

- Make sure both of the brakes are on.
- Fold up both footplates and swing them to the sides, out of the way.
- If possible, get someone to hold the handles of the wheelchair so that it will not move.
- Move forwards on the seat.
- Place both feet on the ground and with your hands on the front of the armrests push yourself up.

## Transferring sideways from a wheelchair

- Fold up both footplates and swing them to the sides out of the way.
- Manoeuvre the wheelchair alongside the chair or toilet or bed etc that you wish to transfer to.
- Make sure that both of the brakes are on.
- If possible, get someone to hold the handles of the wheelchair so that it will not move.
- Remove the armrest on the side you are transferring to.
- Place one hand on the armrest and the other, palm down, on the surface you are transferring to.
- Move forwards, lean slightly forwards, push up and slide across to the other surface.

## When hiring a wheelchair from Shopmobility Watford for the first time a volunteer will show you the following:

- ✓ How to open and close the wheelchair.
- ✓ How to remove footrests, advisable when lifting a wheelchair in and out of a car.
- ✓ Removal of the wheelchair arms if necessary.
- ✓ How to fold down the back of the seat (not on all wheelchairs).

*\*Please note, Shopmobility staff and volunteers are not allowed to lift equipment.*

**As a small charity we are only partially funded by Watford Borough Council.**

**We depend on donations to meet the running costs and purchase of new equipment.**

If you would like to make a donation:- you can by cheque, at your bank or online using the following details:

Bank: **HSBC**  
Name: **Shopmobility Watford**  
Account number: **62011646**  
Sort code: **40-45-27**

**Alternatively you can use:**



**from our website.**