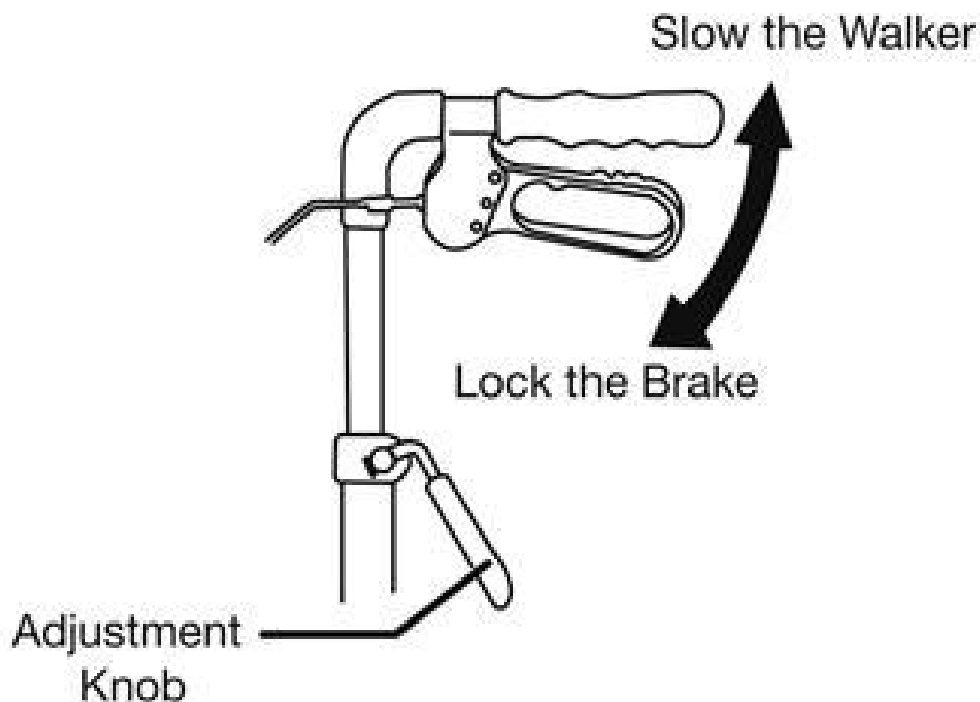


Using a Four Wheeled Walker

Walking

1. Stand upright, with your feet between the back wheels of the 4 wheel walker
2. Put both hands on the handles.
3. Get your balance.
4. Unlock the brakes
5. Walk close to your 4 wheel walker.
6. To slow your walker on a slope, squeeze or pull up on the brakes (see diagram below).

Walk with your back as straight as possible. Look forward and not at your feet.



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Turning

1. Hold onto the hand grips of your 4 wheel walker
2. Slowly move your walker as you step and turn in a large arc
3. Keep your feet between the wheels and take small steps when turning so you do not twist your leg.

Sitting down on a chair



1. Get close to the chair. Walk backwards using your walker until you can feel the chair touch the back of your legs.
2. Lock the brakes.
3. Reach back and put both hands on the armrests or seat of the chair.
4. Lean forward, poke your bottom out and slowly lower yourself into the chair

Standing up from a chair

1. To get out of a chair, place your 4 wheeled walker in front of you.
2. Lock the brakes
3. Move yourself closer to the edge of the chair.
4. Pull feet back , push down on the armrests of the chair and lean slightly forward. Push up through arm rests.
5. Put your hands on the hand grips.
6. Get your balance before you move.

Note: Do not use the handles of the 4WW to stand up - as it may tip / overbalance

Sitting down on the Seat of a 4 Wheeled Walker

1. If you can, put your walker against a fixed object like a wall.
2. Lock the brakes.
3. Turn around so your walker is behind you.
4. Reach behind for the handgrips of the 4 wheel walker
5. Sit down slowly.

Standing Up from the Seat

1. Lock the brakes
2. Push down on the hand grips and lean slightly forward.
3. Push yourself up.
4. Get your balance.
5. Turn around slowly so you are facing your walker. Use the hand grips for support.

Getting Up a step with your 4 Wheel Walker

1. Walk up to the step and butt the 4 wheel walker front wheels up to the riser of the step
2. Lift the 4 wheel walker by the backrest and slide forward until back wheel butts stair riser
3. Lock brakes
4. Step forward so your feet are as close to the stair riser as possible.
5. Lift back wheels and place them on top of the step.
6. Step up (good leg first).
7. Get your balance.
8. Unlock brakes and move off.

Getting Down a step with your 4 Wheel Walker

1. Walk up to the step and move the front two wheel over the step edge onto the floor below
2. Move with the walker until feet are at the edge of the step.
3. Lock breaks.
4. Lift the back two wheels onto the floor so the walker is level.
5. Step down whilst holding onto the walker.
6. Get your balance.
7. Unlock the breaks and move off.