

ASSESSED PHYSICAL ACTIVITY or OUTCOME TO BE ACHIEVED	POTENTIAL RISKS (associated with Activity)			CONTROL MEASURES (Strategy or actions required to manage OUTCOMES)	Review Date	
	IDENTIFIED RISKS	Level of Risk				
		L	M			H
<p>PUSHING A SERVICE USER IN A WHEELCHAIR:</p> <p>1. Using inappropriately designed or poorly maintained wheelchairs</p> <p>2. Movement of wheeled equipment across surfaces</p> <p>3. Wheelchair pushing technique & body positioning</p> <p>4. Going up and down kerbs and gutters</p>	<p>1. High push/pull forces, awkward postures</p> <p>2. Push/pull forces; drag-resistant forces across uneven surfaces (carpets, mats etc)</p> <p>3. Bending, force through shoulder, arms and back, twisting</p> <p>4. Falls, push/pull forces, heavy lifting</p>				<p>1. Assess wheelchair:</p> <ul style="list-style-type: none"> - weight, ease of use, brakes, footplates, arm rests, manoeuvrability - ensure tyres are properly inflated to optimise ease of movement <p>2. Assess surfaces:</p> <ul style="list-style-type: none"> - ensure floor or ground surfaces around the home (e.g. footpaths) are in good repair and suitable for the pushing of wheeled appliances - avoid gravel paths where possible - avoid steep inclines – take another path even if this means a longer route. In shopping centres, use lifts in preference to ramps where possible - take suitable precautions in extreme weather conditions, e.g. wet, very windy, hot - ensure service user has seatbelt (if fitted) on when in wheelchair <p>3. Use correct technique for pushing/pulling wheelchairs:</p> <ul style="list-style-type: none"> - stand in upright body position, maintaining “S” curve of spine - stand as close to wheelchair as is comfortable when pushing - walk with the chair, do not reach - do not use excessive force – let the wheels do the work <p>4. Try and avoid gutters. Use a driveway or wheelchair access point further along the path:</p> <p>To go down a kerb / gutter:</p> <ul style="list-style-type: none"> - always go down backwards to prevent service user falling out - the large rear wheels will reduce the forces required - ensure wheelchair is square to footpath – do not attempt to move on an angle - roll large rear wheels down gutter, and then use the foot tilt bar to gently lower the front wheels off and away from the kerb <p>To go up a kerb / gutter:</p> <ul style="list-style-type: none"> - always go up forwards to prevent service user falling out - use foot tilt bar to move small front wheels up the gutter, then use large back wheels to roll up onto the kerb 	

Name of Service User: _____ Risk Assessment carried out by: _____ Date: _____