

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

Name of Service User: \_\_\_\_\_ Risk Assessment carried out by: \_\_\_\_\_ Date: \_\_\_\_\_