How to check that wheelers aren't wonky!

This guidance will support you to ensure all 3 and 4 wheeled walking frames are safe to for use and support your residents to stay safe whilst walking.
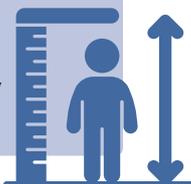
Key things to remember about 3 or 4 wheeled walkers

- They are suitable for indoor and outdoor use. Care should be taken when using in tight spaces.
- Ensure residents use their own frame and not someone else's
- Brakes should be locked on when assisting someone to stand or sit down.

Here are a few handy hints from AHP's to give your walker an MOT!

Is the resident using the right size of frame?

If you are unsure there is an easy way to check – when they are holding onto the handles there should be a slight bend in their elbow. Any more and the frame is too tall, and if they have straight arms then it is likely too small.

Did you know that 3 and 4 wheeled walkers have a maximum weight limit?

18 stone for a 3 wheeled walker and 20 stone for a 4 wheeled walker.

If your resident has a specialist frame but their weight has dropped below this level then refer for reassessment.

What should we be doing to make sure all walkers are safe?

Check the brakes!

Do they lock and release?

Do both brakes work?

Check brake cables are connected!

Is it set up appropriately?

3 wheeled walker – is it fully opened and the metal hinge at the front fully locked down? This should not be released at any time during it's use!

Check bags/baskets/seats!

Ensure they are secure

Avoid overloading.

Is the frame clean?

It is important to give the frame a clean and dry regularly. This will prevent issues such as rusting and seizing of the wheels and will ensure the frame should last longer.

Check the wheels!

Do they run smoothly?

Are the front wheels steering appropriately?

Are they secure?

Are the tyres ok?

⚠ Remember to carry out monthly checks and if you have any concerns please consult your local community rehabilitation service or local physiotherapy service.