Short Version

Safety Information Leaflet:
Front-Wheeled Walking Frames

Supporting video available at the following link:
https://media.salford.ac.uk/Play/31321

Video also available via our website:
http://hub.salford.ac.uk/research-walking-frames/

Front-wheeled walking frames are designed to:

• provide support during standing and walking
• reduce pressure on your legs and feet

Note: This shorter version of our Safety Information Leaflet contains key points regarding safe use, but is less detailed than the full-length original available here.
Correct frame height

- The hand grips of the frame should be just above the level of your wrist when you are standing with your arms hanging at your side.
- When you stand upright and hold onto the hand grips your elbows should be slightly bent.

Walking

✔ Stand with your feet inside the back legs of the frame
✔ Glide the frame one step forward. Keep frame legs on the ground if possible
✔ Then step towards the frame, first with one foot, and then with the other foot, using the weaker leg first
✔ Repeat
✔ If rear legs are stuck, lift them a little, then glide frame forward, put legs back down, then continue as before

❌ Don’t over stretch
❌ Don’t walk too far into the frame
❌ Avoid lifting the front wheels
❌ Avoid lifting the whole frame
Turning

- The front wheels of the frame are fixed so you should plan to make gradual turns where possible.
- When this is not possible and the floor is smooth, slide the frame towards the new direction of travel, keeping the wheels on the floor. Then follow with your feet.
- If you are not able to slide the frame on the floor, then lift it a little, and replace it at a small angle. Then follow with your feet.
- Turn only a little at a time. Repeat if needed.

Stepping backwards to sit down on chair (bed)

- First, turn with the frame (see “Turning”) so you are in front of the chair. Then:

- Stay with your frame as you close the gap
- Feel the chair (or bed) at back of your legs
- Reach backwards for chair (or bed)

- Don’t lean back when stepping backwards towards chair (or bed)
- Don’t leave a gap between back of legs and front of chair (or side of bed)
- Don’t hold onto the frame when sitting down on chair (or bed)
Getting up from chair (bed)

✓ Push up from the chair (or bed)

× Don’t pull on the frame

Stairs

Never use a frame on the stairs. If there are stairs in your home, a second frame will be needed for upstairs.

Outdoors

Front-wheeled walking frames are to be used indoors only. A different walking aid is needed for going outdoors.

This walking frame has been set up for:

.................................................................

On.................................................................

By.................................................................

Should you have any concerns or questions about your walking frame please contact:

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Please see manufacturer leaflet for safe working load and other additional information.
Notes:

We acknowledge the Oxford Health NHS Foundation Trust whose leaflet served as a starting point for the development of this guidance document.

Safety Information Leaflet for use of front-wheeled walking frames, 21/05/2020, p.5/6