



University of
Salford
MANCHESTER



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:

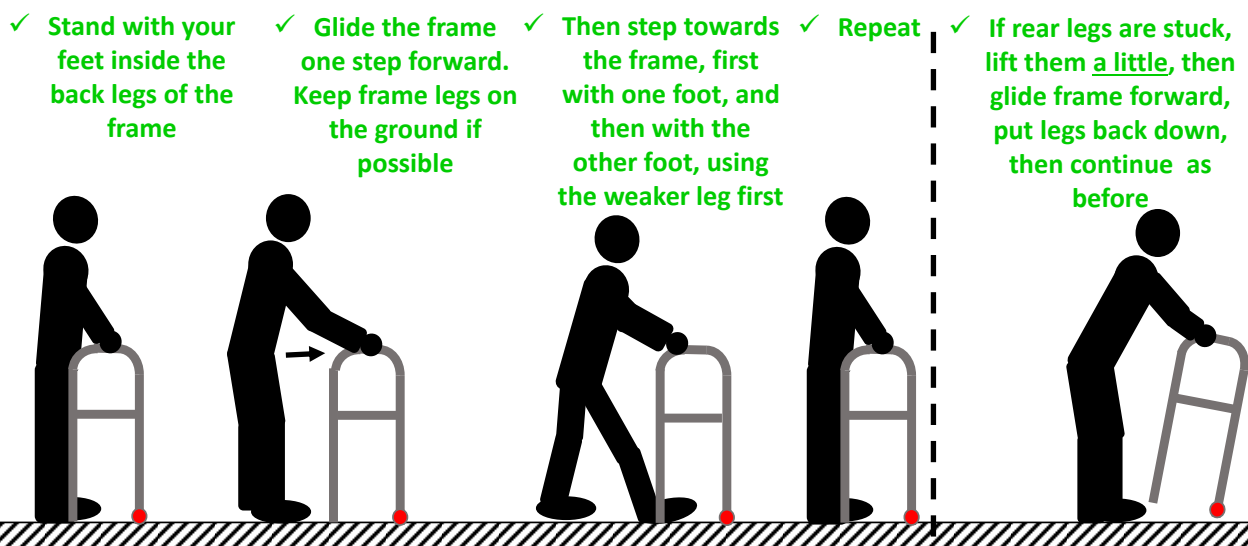
- provide support during standing and walking
- reduce pressure on your legs and feet

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



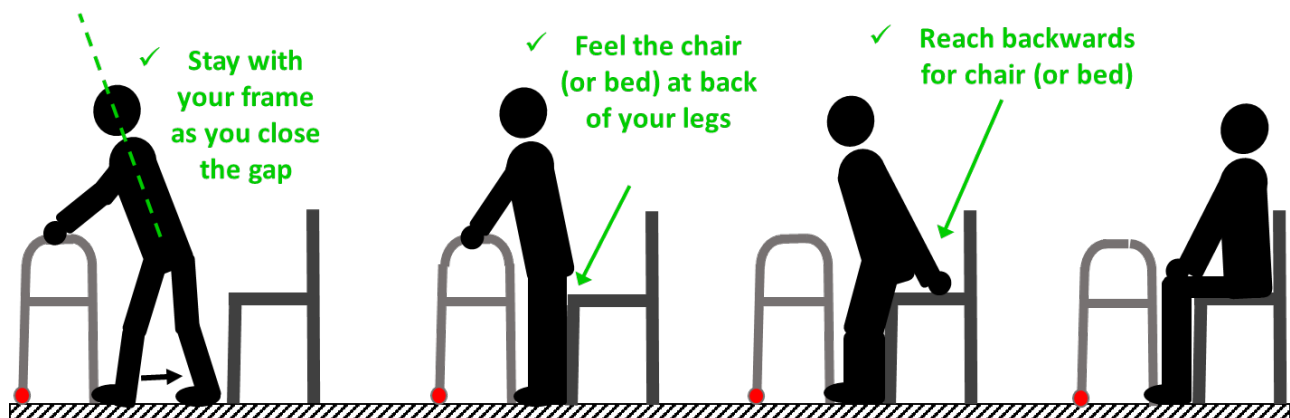
- ✗ Don't over stretch
- ✗ Don't walk too far into the frame
- ✗ Avoid lifting the front wheels
- ✗ Avoid lifting the whole frame

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.

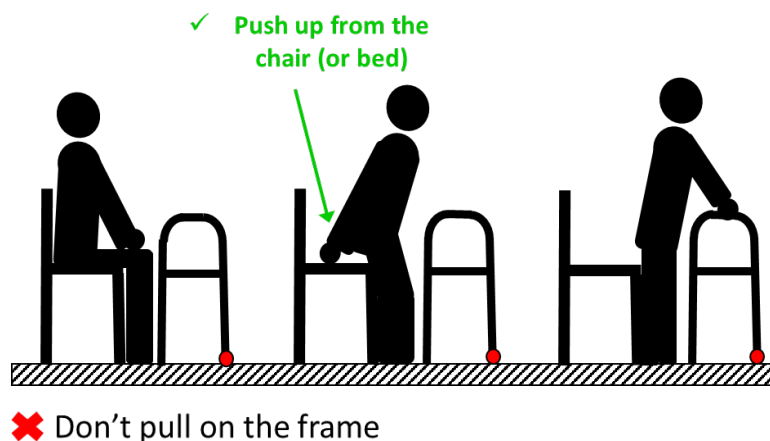
Stepping backwards to sit down on chair (bed)

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



- ❌ 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)



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:

.....

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