

Home instructions

Up steps

Specific techniques for your child should be determined by a physical therapist.

Preparation

Before moving the wheelchair up the steps, **be sure your child's seat belt is fastened securely**. Your child's arms should be resting on their lap, away from the wheels. Be sure your child's feet are resting securely on the footrests.



Steps

- One person should stand behind the wheelchair.
- Put one foot on the tilt bar.
- Push down on the tilt bar while pulling back on the handles. This will tilt the chair back.
- The person behind the wheelchair should back up to the steps.



- A second person should stand in front of the wheelchair.
- Grasp the wheelchair frame. Do not grab your child's legs.



- Stand with one foot forward and bend your knees. Slowly lift the wheelchair up the steps.
- One person should hold the wheelchair while the other person moves up to the next step. Go up one step at a time.
- Work together as you continue to lift the wheelchair up the steps.

Pictures: Transferring and Lifting Children and Adolescents, Therapy Skill Builders 1989

Down steps

Specific techniques for your child should be determined by a physical therapist.

Preparation

Before moving the wheelchair down the steps, **be sure your child's seat belt is fastened securely**. Your child's arms should be resting on their lap, away from the wheels. Be sure your child's feet are resting securely on the footrests.



Steps

- One person should stand behind the wheelchair.
- Put one foot on the tilt bar.
- Push down on the tilt bar while pulling back on the handles. This will tilt the chair back.



- A second person should stand in front of the wheelchair.
- Grasp the wheelchair frame. Do not grab your child's legs.
- Slowly bring the wheelchair forward until the back wheels are at the edge of the step.



- Work together. Bend your knees and slowly lower the wheelchair down the steps. Go down one step at a time.
- One person should hold the wheelchair while the other person moves down to the next step.

Pictures: Transferring and Lifting Children and Adolescents, Therapy Skill Builders 1989

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special health care needs that were not covered by this information.

This sheet was created to help you care for your child or family member. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.