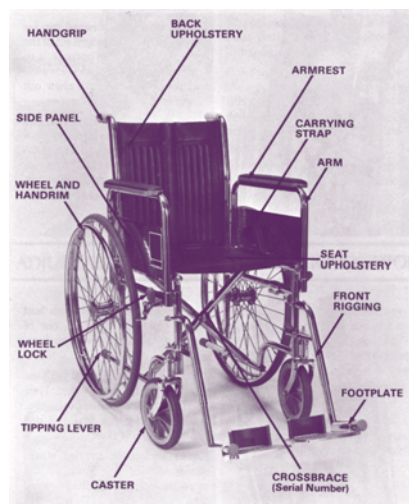


Do's and Don'ts

- Wash the upholstery at least once a month with soapy water.
- Clean the frame with a dry rag and spray cleaner, such as Fantastic, or use soapy water.
- Check the nuts, bolts, and screws on a weekly basis and tighten when needed.
- **Do not** wash with a hose, or in a shower or car wash. Doing so will cause parts to rust.
- **Do not** oil the bearings.
- **Do not** fill wheelchair tires at a gas station air pump. High pressures may cause them to burst.

Parts You Should Know



SMD Wheelchair Services

1111 Winnipeg Avenue
Winnipeg, Manitoba R3E 0S2

Phone: (204) 975-3250
Fax: (204) 975-3240
Toll Free: 1-800-836-5551



Your Manual Wheelchair

Helpful Hints for Consumers

Wheelchair Services

When You Get Your Wheelchair

Inspection:

1. Unfold the wheelchair by pushing down on the seat rails (the side bars where the upholstery attaches).
2. Fold the wheelchair by pulling up on the front and back of the seat upholstery.
3. Remove the armrest by depressing the release mechanism at the bottom of the front post.
4. If you have height adjustable armrests, disengage the release mechanism and raise/lower as necessary.
5. Remove leg rests (front rigging) by releasing the lock mechanism. Elevating leg rests can be adjusted to different positions by releasing the adjustment lever.

Fitting the Wheelchair:

1. When adjusting the length of the leg rest, keep in mind the following:
 - the lowest part of the leg rest should be at least 2 1/2" from the ground for clearance.
 - the leg rest is in the proper position if the angle of your trunk and thighs is close to 90 degrees. If knees are too high, excess pressure is being put on the buttocks, if knees are too low you may feel discomfort at your thighs.
 - measure this when wearing typical footwear, and when sitting on a cushion if you use one.

Fitting a wheelchair varies for each person depending on his or her size. If you have any questions, or are uncomfortable in your wheelchair, contact your Occupational Therapist or Physiotherapist.

2. Your wheelchair shouldn't be too wide, or too narrow. If it's too narrow, you could hurt your skin. If it's too wide, you won't have good support, and pushing efficiency is reduced.

Transporting the Wheelchair:

1. Remove leg rests and armrests before loading the chair into the car. This not only makes the chair lighter to lift, but it decreases the overall size of the chair and will make it easier to fit into the trunk.
2. Never force the trunk lid down onto the wheelchair as this could bend the frame.

Wheelchair Maintenance & Cleaning

Maintaining a wheelchair means keeping its moving parts and upholstery clean, and its wheel locks and wheels well adjusted. Wheelchair Services provides maintenance and repair services for people issued chairs from the program. However, the consumer is responsible for **basic maintenance and cleaning** of the wheelchair.

Cleaning your Wheelchair:

Dirt and mud build-up on the inside of your wheelchair greatly affects its performance.

- Spray the chrome or painted metal parts with a mild cleaner, and wipe all parts clean. Make sure to get into the hard to get areas where dirt usually builds up. Dirty moveable parts don't work well together and cause the parts of your wheelchair to wear out a lot faster.
- During the winter months, wash away road salts that can damage the metal parts.
- If you have leatherette type upholstery, spray cleaners work well.
- If you have nylon upholstery, a brush, mild soap and water will work.
- If you have any telescoping tubes on your wheelchair, rubbing them with paraffin or candle wax will allow them to slide more easily.
- Make sure the wheel axles are clean and free of hair, string, etc. which can make the chair hard to propel.

Basic Maintenance:

- If you have pneumatic tires, they should be checked for proper inflation. The pressure requirements are written on the side of the tire.
- Check and tighten brake screws regularly.
- Put a few drops of oil on the center bolt of the chair under the seat.
- Check for excess play in both the rear and caster wheels.