

14.4 Training topics checklist



Training topics checklist

Manual wheelchair

The wheelchair and user interface

- set up, components and adjustments
- user limits, protecting yourself and assistance
- propulsion techniques
- relieving pressure
- reaching, bending and lifting
- transfers
- upper limb capacity

Safe practices

- planning, preparation and precautions
- emergency skills (falling, evacuation)
- wheelchair maintenance
- inclement weather and night time safety
- transport

Navigation skills

- thresholds, obstacles, ramps and slopes, cross slopes
- manoeuvres: turning, doorways, tight environments and congested areas
- crossing streets, intersections, curb cuts and curbs,
- smooth and rough terrain, tracks and grates
- stairs, elevators and platform lifts, escalators

Power wheelchair or scooter

The wheelchair and user interface

- set up, components and adjustments, including joystick

Download from <http://www.enable.health.nsw.gov.au/publications> or <http://www.lifetimecare.nsw.gov.au/Resources.aspx>

- use of the controller/drive modes and speeds, tilt and recline function, battery and charging
- user limits, protecting yourself and assistance
- relieving pressure
- reaching, bending and lifting
- transfers

Safe practices

- planning, preparation and precautions
- emergency skills (falling and recovery to seated position, evacuation, stairs, power breakdown)
- wheelchair or scooter maintenance
- inclement weather and night time safety
- transport
- road safety principles and rules
- speed testing
- night driving

Navigation skills

- thresholds, obstacles, ramps and slopes, cross slopes
- manoeuvres: turning, doorways, tight environments and congested areas
- crossing streets/intersections, curb cuts and curbs
- smooth and rough terrain, tracks and grates
- stairs, elevators and platform lifts, escalators
- reversing

Rights and responsibilities of wheelchair and scooter users Insurance