外傭推輪椅清單 • Wheelchair Checklist for Helpers

貼喺屋企，隨時睇 • Keep this at home

1. **坐落、起身、轉床前，鎖晒兩邊剎車**
   Lock BOTH brakes before the person sits down, stands up or moves to the bed.

2. **停低等人、等 lift 都要鎖剎車**
   Lock the brakes whenever you stop, e.g. waiting for the lift.

3. **起身前，先摺起或打開腳踏**
   Fold up or swing away the footrests before the person stands up.

4. **落斜：轉身倒後，慢慢落**
   Going down a steep slope: turn around and go down BACKWARDS, slowly.

5. **上路邊石：踩後面條踢桿，撬起前轆**
   Up a kerb: step on the tipping lever to lift the front wheels, then push.

6. **落路邊石：倒後，後轆先落**
   Down a kerb: go backwards, rear wheels first.

7. **搬上車：捉車架，唔好捉扶手同腳踏**
   Lifting into a car: hold the FRAME, not the armrests or footrests.

8. **摺輪椅：捉座位兩邊向上拉，手指唔好放喺交叉位**
   Folding: pull up the seat at both sides. Keep fingers away from the cross bars.

9. **上的士前，摺低椅背**
   Fold down the backrest before putting it in the taxi boot.

10. **安全帶穿好喺椅背；腳踏除低放固定位置**
    Keep the seat belt threaded through the backrest. Keep removed footrests in one place.

一般照顧要點，個別情況請按醫護人員建議。General tips only — follow your healthcare professional's advice.

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