

December 11, 2017

Wheelchairs and Proper Body Mechanics

Drivers who use proper body mechanics put less strain on their backs. When you push someone in a wheelchair, observe the following rules:

- When pushing a wheelchair, keep your back straight and your knees bent.
- Keep the wheelchair close to your body when lifting, pushing, or pulling.
- Remember to use your legs and arms and not your back when pushing a wheelchair.
- Keep your feet shoulder-width apart.
- Position your feet so that you won't twist your back when lifting or pushing.

