

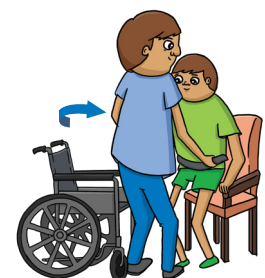
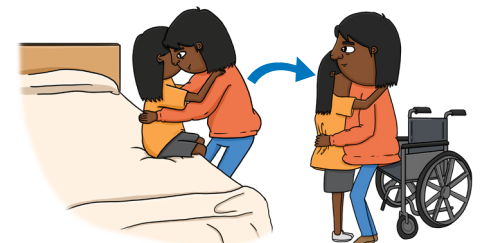
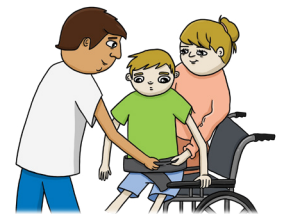
For parents

Back care - safe wheelchair or stroller moving

Before you leave the hospital the occupational therapist (OT) or physio will show you the best way to lift and move bub to and from a wheelchair or stroller so you and bub won't get hurt.

Things to remember

- Have **everything close** to you make sure the where you are going is clear **path** to where you need to go.
- Have wheelchair or stroller **brakes on**.
- If possible try have **2 people** to lift and move older bub.
- **Avoid lifting** where possible. If bub is able to help you, let them.
- Make sure you have a **good grip** on bub before starting and that your **feet are pointing** towards them.
- Keep bub **close** to you when lifting.
- Use your **leg muscles** to push up during the transfer.
- **Bend at the knees**.
- Brace your tummy muscles.
- When moving bub **DO NOT TWIST YOUR BACK** turn with your whole body.



Government of Western Australia
Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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