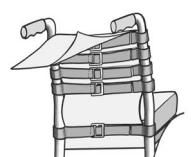
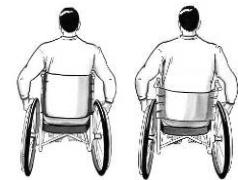


# Wheelchair Fitting Checklist (basic level)

## 1. Is the wheelchair ready?

Has a *Wheelchair Safe and Ready Checklist* been completed?

## 2. Check size and adjustments

<b>Seat width:</b> Should fit closely.		<input type="checkbox"/>
<b>Posture support:</b> Adjust the postural support of the backrest (if available)		<input type="checkbox"/>
<b>Seat depth:</b> At least two fingers' gap between the back of the knee and the seat /cushion.		<input type="checkbox"/>
<b>Footrests height:</b> The thighs are fully supported on the cushion with no gaps. The feet are fully supported on the footrests with no gaps.		<input type="checkbox"/>
<b>Backrest height:</b> The wheelchair user has the support they need and freedom to move their shoulders to push (if self propelling).		<input type="checkbox"/>
<b>Rear wheels position (for hand propelling):</b> The wheelchair user's arm should be in line with the rear axle when hanging down.  When hands are placed on the push rims, the user's elbows should be at a right angle.		<input type="checkbox"/>
<b>Seat height (for foot propelling):</b> With the wheelchair user sitting upright, the back should be comfortably supported by the backrest, with feet resting flat on the floor.		<input type="checkbox"/>

## 3. Check posture

Is the wheelchair user able to sit upright comfortably?	<input type="checkbox"/>
Check posture from the side.	<input type="checkbox"/>
Check posture from front /back.	<input type="checkbox"/>

#### 4. Check pressure

Check pressure under seat bones for all wheelchair users at risk of developing a pressure sore.

A		Explain the test to the wheelchair user.
B		Ask wheelchair user to lean forward or push up. Place fingertips under wheelchair user's seat bone.
C		Ask the wheelchair user to sit back down on your fingers. Make sure they sit upright with hands on thighs.
D	Identify the pressure: <b>Level one = safe:</b> Finger tips can wriggle up and down 5mm or more. <b>Level two = warning:</b> Finger tips cannot wriggle, but can easily slide out. <b>Level 3 = unsafe:</b> Finger tips are squeezed firmly. It is difficult to slide fingers out.	
E	Repeat under the second seat bone.	

#### 5. Check fit while the wheelchair is moving

Does the backrest allow the wheelchair user freedom to move their shoulders to push?	<input type="checkbox"/>
Does the backrest give the wheelchair user enough support?	<input type="checkbox"/>
Do the wheelchair user's feet stay on the footrests?	<input type="checkbox"/>
Is the rear wheels position correct for the user?	<input type="checkbox"/>

#### 6. Action?

Is there any further action necessary? Write any actions in the wheelchair user's file.	<input type="checkbox"/>
---	--------------------------

**Remember:** The next step after fitting is user instruction.