



HIRE EQUIPMENT SAFETY GUIDE

Crutches

PURPOSE

Crutches can help you recover from leg injuries such as a fracture, surgery, sprain or strain by reducing the amount of weight placed on an affected leg, allowing the injuries to heal more quickly and allow you to stay mobile.



FEATURES

- Easy height adjustment
- Standard anti-slip rubber tip with reinforced metal insert.
- Underarm pad and hand grips are cushioned rubber.
- Aluminium construction for durability and strength.
- Available in S/M/L and Bariatric
- Underarm crutches are more stable than elbow crutches. This makes underarm crutches safer if you can only walk (weight bear) on one leg.

INSTALLATION / SETUP

It is important that your crutches fit properly. There are two main types of crutches - underarm and elbow crutches.

Underarm Crutches - When standing with arms loosely by your side, each crutch should be two finger widths below the armpit. The heel of your hand should rest on the hand grip while keeping your wrist and elbow bent slightly.

MAINTENANCE

Keep rubber tips in good condition and attached securely.

The equipment should be checked monthly for signs of rust, cracks, changes in the appearance of the rubber stoppers, or damage/bending in the metal.

The product should be cleaned regularly with warm soapy water (detergent)

SAFETY PRECAUTIONS

- Your healthcare professional will advise you when it is appropriate to use crutches and ensure your crutches are fitted and used correctly.
- Ensure screws are fully tightened and rubber stoppers are not worn through.
- Make sure your weight goes through your hands, not your armpits.
- Wear supportive, non-slip shoes such as runners.
- Avoid wet or slippery surfaces.
- Take your time, especially when using stairs.
- Crutches should be kept close to your feet, not out to the side.

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