



Elevating leg-rests

General guide and safety information

Your mobility aids service

The British Red Cross are part of a global humanitarian network, responding to conflicts, natural disasters and individual emergencies, helping people in times of crisis, providing a range of services in your local community. All our services are delivered by skilled volunteers and staff.

Having the right medical equipment at the right time can make a great deal of difference.

Who is the service for?

The British Red Cross mobility aids loan service aims to help people who require medical equipment on a short term loan basis, typically for a six to eight week period. This service is provided free of charge, although we would ask for a donation towards our running costs.

Equipment available to loan

- Wheelchairs and ancillary equipment
- Toileting Aids

A small range of Independent Living Products are available to purchase in our local facilities, Disability Living Centres and from our online shop at **redcross.org.uk**.

Contact us

For more information, visit **redcross.org.uk/wheelchairs** or call us on **0300 456 1914**.

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Installing elevating leg-rests

1. Turn leg-rest to the side (open foot-plate perpendicular to wheelchair), and position mounting holes in the leg-rest hinge plates with hinge pins on the wheelchair frame.
2. Install the leg-rest hinge plates onto the hinge pins on the wheelchair frame.
3. Rotate leg-rest toward the inside of the wheelchair until it locks in place. Please note: the footplate will be on the inside of the wheelchair when locked in place.
4. Repeat steps 1-3 for the other leg-rest.
5. After seated in wheelchair, adjust footplate to correct height by loosening nut and sliding the lower footrest assembly up or down until desired height is achieved (you may need to get assistance to do this).

Removing elevating leg-rest

1. Push the leg-rest release handle toward the inside of the wheelchair (facing the front of the wheelchair) and swing the leg-rest to the outside of the wheelchair.
2. Lift up on the leg-rest and remove from the wheelchair.
3. Repeat steps 1-2 for the other leg-rest.

Raising/lowering elevating leg-rests

Raising: pull back in the release lever until the leg is at the desired height.

Lowering: support leg with one hand, push release lever downward with other hand.

Caution: take care when adjusting or changing the elevating leg-rest, as there are potential finger pinch point areas where the fixings latch and unlatch.

Adjusting calf-pads

1. Turn calf-pad towards the outside of the wheelchair.
2. Slide calf-pad up or down for desired position.
3. Turn the calf-pad toward the inside of the wheelchair.

Note:

If one of the top two calf-pad adjustment positions is being used, the leg-rest will need to be raised to avoid interference with the front stabilisers while going over obstacles or going up and down ramps.

Be aware of:

- Manoeuvring stability may be affected when using leg-rests outdoors.
- Limitations of turning space when using leg-rests indoors and outdoors.
- Other persons when leg-rest is extended.
- The fitting of the leg-rest can shift the centre of gravity of the chair. This can affect the general control of the chair.
- When leg-rests are fitted the weight is on the front wheels and this can affect control when going downhill.

Return:

The Red Cross ask that the leg-rests are returned along with your loan chair. Please bear in mind that our stock is limited, if you no longer require the loan of the equipment before its return date please bring it back early so that we can continue to assist the needs of others requiring the same equipment.

Would you like to volunteer for the British Red Cross?

Do you have free time? Are you able to support our Mobility Aids Service?

We offer the chance for you to work with people to make a real difference to their lives. There is comprehensive free training so you can represent the Red Cross with confidence and it's a great opportunity to develop your existing skills and to gain new ones.

You will enjoy the company of a warm and friendly team and we reimburse any reasonable out-of-pocket expenses when on duty.

Our volunteer tasks include:

- Demonstrating how to use and look after our wheelchairs and other items of equipment
- Dealing with telephone queries, completing paperwork and adding orders to our online stock management system
- Receiving and recording donations
- Being a home delivery driver.

If you would like to become a volunteer for the mobility aids service or you would like to know more, please contact your local office identified on the front of this booklet, or search for volunteering opportunities at redcross.org.uk/volunteering.



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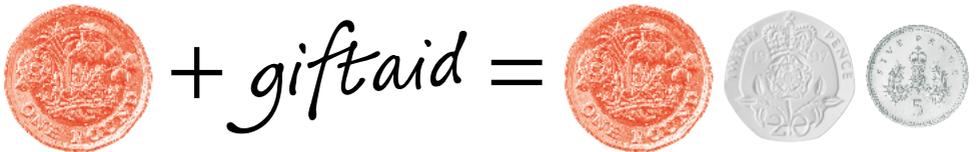
Support our service and help others

This service would not be here without your support.

Donate today to help others who need to borrow equipment

If you are able to, any donation is very much appreciated and helps us to continue to support others who may need a wheelchair or other equipment. It costs on average £10 per week to make a wheelchair available through our service.

If you are a UK taxpayer please don't forget to add gift aid to your donation.



Last year, if everyone had added gift aid to their donation we could have provided another 1,000 new wheelchairs.

Card payments accepted.