

SBH SCHOOL TIPS

Have you checked the student's Mobility Equipment recently?

Term 2 has begun! Now that the school holidays have finished and school has gone back – now is a great time to check on your mobility equipment and AFO's to ensure that it is all ready for the term ahead! An important component of utilising your equipment is making sure that you do regular checks. Well maintained equipment can help reduce the costs for repairs (if applicable), extend the length of time you can safely use the equipment, prevent injuries to your body and/or those assisting you (if required) and finally, ensure that your equipment is comfortable and energy-efficient to use. Outlined below is a checklist for your mobility devices:

1. If you have pneumatic tyres – check their pressure **monthly**. Look at your manual to see what pressure your tyres should be. This information may also be located on the wheel.
2. Check the tread, wear-down and general condition of your tyres and castor wheels **monthly**.
3. Ensure that your brakes are working properly **weekly**.
4. Safely check your anti-tip mechanism **monthly** – **do not do this by yourself!**
5. Check the upholstery and footrest **weekly**.
6. Check each moving part on your wheelchair and ensure that they are all working as they should. Also, check **monthly** if any screws are loose and tighten them accordingly.
7. Finally clean the chair's frame and check for any rust **monthly**.
8. ***If you are unable to do these checks by yourself, ask someone to help you out!***



Maintaining the student's AFO's

In addition to mobility equipment, it is also important to review any AFO's that the student may wear. Please find a guide to care and maintenance instructions below:

1. Wash the AFO's regularly in warm **(not hot)** soapy water
2. *Do not soak the AFO's in water as they could lead to either weakening or dissolving any glue used for the AFO's*
3. Make sure to rinse well in clean water to ensure that there is no remaining residue
4. Once the AFO has been washed – make sure to towel or air dry them. **You do not want to dry with heat** (for example a hair dryer) as this has the potential to alter the shape of the AFO
5. If your AFO's have straps, make sure to check for any wear or tear and ensure that they are working as intended
6. Check the soles of the AFO's and the students' shoes. You are looking for excessive wear and ensuring that there is still an adequate amount of tread
7. Look over the plastic, rivets or screws (if applicable) and check for any high-wear or damaged areas.
8. During the review of the AFO's – if you discover anything of concern make sure to contact the student's therapist, hospital or orthotist to organise a review