Bumping a Wheelchair up/down Stairs

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For safety, at least two people should always assist in bumping a wheelchair up the stairs.

1. Flip anti-tip bars on the back of the wheelchair so they are pointing up instead of down. Make sure the push-pins lock into place.

2. Start by backing the wheelchair up to the stairs.

3. One person should be behind the wheelchair holding the handles. The other person should be in front of the wheelchair holding onto the frame. If there are three people assisting, then two should be in front. NEVER hold onto any removable parts of the wheelchair, such as armrests or footrests. If patient tolerates it, remove footrests for ease of hand placement.

4. Use good body mechanics: bend at the knees; avoid straining or twisting the back; and do not hold your breath!

5. All persons assisting should have feet staggered on the stairs. For example, the person at the top behind the wheelchair needs one foot on the step above the wheelchair and the other on the next higher step.

6. Tilt the wheelchair back slightly for safety of the person in the wheelchair and to maintain good body mechanics for those assisting.

7. On the count of the person at the top, roll the wheelchair up the step. Avoid carrying or lifting the wheelchair and allow it to bear its own weight on the step.

8. Between steps, each person assisting should adjust footing, but at separate times: when the top person moves up a step, the bottom person(s) stabilizes the wheelchair, and vice versa.

9. Each step should be a separate count to be sure that everyone is prepared.

10. Once at the top of the stairs, keep the wheelchair tilted back until the step is cleared, then slowly lower the wheelchair until all four wheels are on the ground.

11. Remember to flip anti-tip bars back down (and that push-pins lock into place) so they can serve their purpose.
Bumping a Wheelchair down Stairs

For safety, at least two people should always assist in bumping a wheelchair down the stairs.

1. Flip anti-tip bars on the back of the wheelchair so they are pointing up instead of down. Make sure the push-pins lock into place.

2. Roll the wheelchair forward to the top of the stairs.

3. One person should be behind the wheelchair holding the handles. The other person should be in front of the wheelchair holding onto the frame. If there are three people assisting, then two will be in front NEVER hold onto any removable parts of the wheelchair, such as armrests or footrests. If patient tolerates it, remove footrest for ease of hand placement.

4. Use good body mechanics: bend at the knees; avoid straining or twisting the back; and do not hold your breath!

5. All persons assisting should have feet staggered on the stairs. For example, the person at the front of the wheelchair needs one foot on the step below the wheelchair and the other on the step below that.

6. Tilt the wheelchair back slightly for safety of the person in the wheelchair and to maintain good body mechanics for those assisting.

7. On the count of the person at the top, roll the wheelchair down the step. Avoid carrying or lifting and allow it to bear its own weight on the step.

8. Between each step, each person assisting should adjust footing but at separate times: when the top person moves down a step, the bottom person(s) stabilizes the wheelchair, and vice versa.

9. Each step should be a separate count to be sure that everyone is prepared.

10. Once at the bottom of the stairs, slowly lower the wheelchair until all four wheels are on the ground.

11. Remember to flip anti-tip bars back down (and that push-pins lock into place) so they can serve their purpose!