

# MOVING CHAIR

## Step 1: Set Steering Castor



Push down green lever of the front left castor.

**Note:** This castor and lever is not a brake. It is a tool to make pushing easier!

## Step 2: Lock Wheel in Place



Put your hand on the arm of the chair and pull towards you to lock the castor into place.

Make sure castor is always locked in place facing towards the back of the chair.

## Step 3: Pushing The Chair

Before pushing the chair, the best height of the handles needs to be at elbow height.

The way to push the chair is to push it through your legs. Make sure you use your leg power to push the chair.

## Step 4: Using Your Legs To Steer (Going around a corner)



1. Walk in the opposite direction to where you want to push the chair
2. As you are leading and guiding the chair around the corner with your legs, swing the back of the chair around with you
3. Once you have rounded the corner, continue to push forward through your legs