

## Some Tips

- Your equipment must be well maintained to ensure your safety.
- An annual or bi-annual check-up, depending on how much you use your equipment, is strongly recommended (even if there is no obvious problem).

Don't hesitate to contact the Programme des aides techniques à la mobilité et à la posture at the Centre de réadaptation Lucie-Bruneau to make an appointment with our team of mechanics and electronics technicians.

(514) 527-4527, extension 2240

## USING YOUR WHEELCHAIR SAFELY

## Programme des aides techniques à la mobilité et à la posture



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Conseil québécois d'agrément



## Rules of good citizenship

### Driving safely...

- Always start up slowly.
- Operate your wheelchair at the walking speed of pedestrians.
- When stopping, clear passageways and exits.
- Always operate at a cautious distance (1 to 2 metres) from the person ahead of you.
- Stop immediately after any minor collision.
- Yield to those walking or using a manual wheelchair.
- Never operate under the influence of alcohol, medication or drugs.
- Never give someone a ride on your wheelchair.
- Never pull nor push another manual or motorized wheelchair.

### On a sidewalk...

- Always look both ways before proceeding onto the sidewalk.
- Keep to the right.
- Avoid operating too close to the side of vehicles - someone could step out.

### In public buildings...

- Slow down at corridor intersections as well as at the entrance and exit to a room.
- In a restaurant or at the movies, position yourself so that you do not prevent the movement of people on foot.
- When your wheelchair is parked (or stopped) either during a break, an activity or a transfer, ALWAYS turn the electric system OFF.

### Make sure you are visible...

- Install a telescopic or mobile pennant.
- Affix red reflectors and reflective strips on your wheelchair.
- Wear light-coloured clothing.

## Highway Safety Code

Those who travel in manual or motorized wheelchairs must respect the **same road safety rules as pedestrians**.

- You must respect pedestrian lights installed at intersections.
- When there are no pedestrian lights, you must respect the traffic lights.
- Where there are no traffic lights, you must, before proceeding, make sure you can do so without risk, looking left, then right, then left again to make sure the way is clear.
- When there is no intersection or no clearly identified pedestrian crossing nearby, you must yield to road vehicles and cyclists.
- You must always cross a public road at an intersection or at a pedestrian crossing located nearby.
- You must never cut across an intersection diagonally.
- When there is a sidewalk running along the road, you must use it. In the event that there is no sidewalk, operate along the road in the direction opposite to traffic.