

Hints and Tips for using a trolley safely in your house

- > Trolleys are really useful when you find it hard to walk as well as carry items around your home.
- > **However, you must never** rely on a trolley as a walking aid or to assist you to stand from a chair, as they are not designed to be used in this way and you would put yourself at risk.
- > Do not carry heavy items on the trolley or try and balance large items on it.

Setting a suitable height

- > If your trolley is adjustable in height or has adjustable handles, it must be set to the correct height. We suggest that it is set at the height you would normally hold a walking stick. I.e. slightly higher than waist height.

Handy Hints:

- > Non-slip matting can be used to help prevent items sliding around on the trolley trays.
- > Try to avoid moving things such as a casserole dish full of hot food with your trolley. It is safer to plate up the food and take the plated food.
- > Also try to avoid transporting open mugs of hot drinks. Put a cover/lid on the drink so that if it does tip over or splash the scald risk is reduced as much as possible.
- > You may find it helpful to practise moving the trolley around with unbreakable or non-liquid items at first, until you get used to it.

What to watch out for as the trolley moves around your house

- > Be careful when crossing thresholds or moving onto different floor coverings to make sure that the trolley is always stable and does not run away from you and items on the trolley do not spill or fall off.
- > Plush/Deep pile carpet can make it difficult to push the trolley and loose carpets can be hazardous.
- > Uneven surfaces can make it difficult to push a trolley along and polished or vinyl floors can cause trollies to run away.

- > You need space to wheel a trolley around your home. You may need to rearrange furniture slightly to accommodate a trolley or trolley walker.
- > Lips, thresholds or carpet grippers can cause the trolley to tip over and can be difficult to negotiate.