

## Lifting a wheelchair in to a car

**Plan the move and prepare the environment. Decide how best to move THIS wheelchair in to THIS vehicle.** Place a rug/blanket in the boot to protect the car and also to slide the wheelchair more easily if required. Lock or unlock the wheelchair brakes as needed.

- Knees and hips bent,
- Maintain the natural curves of your spine,
- Keep elbows as close to your body as possible,
- Brace your stomach muscles



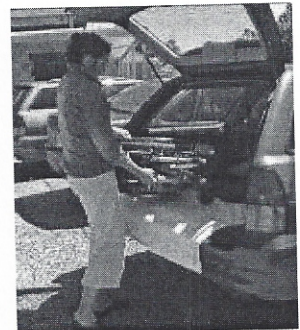
**Station Wagon**  
Unlock Wheels



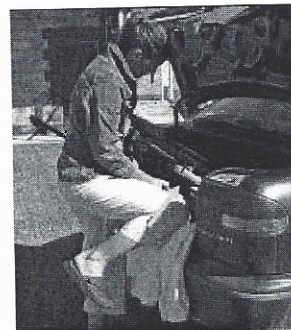
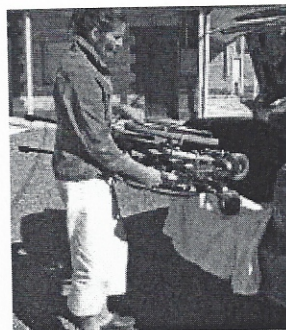
OR



**Station Wagon**



**Sedan**





*Disclaimer: This information is of a general nature only and does not constitute advice. Novita Children's Services makes no representations as to the accuracy, usefulness, suitability or application of the information to a child's or carer's particular circumstances. You should seek professional advice before acting or relying on the information.*