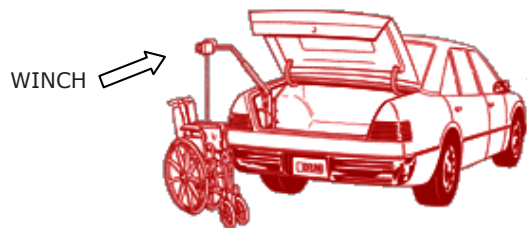


GUIDE TO LOADING A WHEELCHAIR INTO A VEHICLE

THESE TECHNICAL AIDS ALLOW THE LOADING OF CERTAIN MANUAL WHEELCHAIRS (FOLDING OR RIGID) INTO CERTAIN VEHICLES. IT MAY BE NECESSARY TO REMOVE THE BACK WHEELS.



To find out if these adaptations would be suitable for you, please contact the Driving Evaluation and Vehicle Adaptation Program for more information.

CONSTANCE-LETHBRIDGE REHABILITATION-CENTRE

7005 de Maisonneuve Boulevard West
Montreal, Quebec H4B 1T3

Satellite Centre

16777 Hymus Boulevard
Kirkland, Quebec H9H 3L4



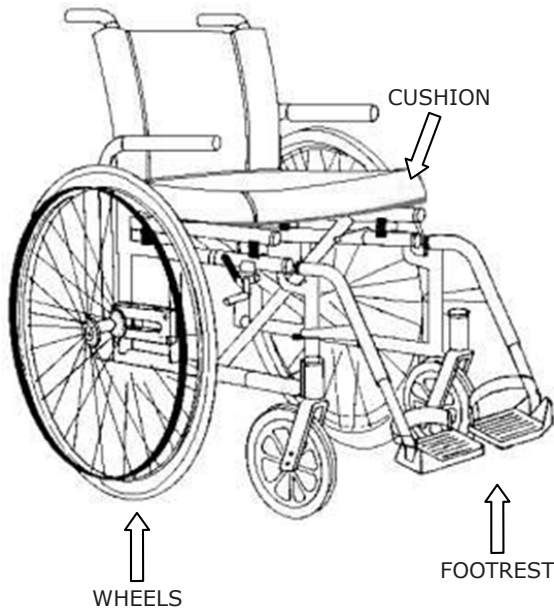
Adapted from *Guide sur les transferts à l'auto* of ASSTSAS

LOADING A WHEELCHAIR

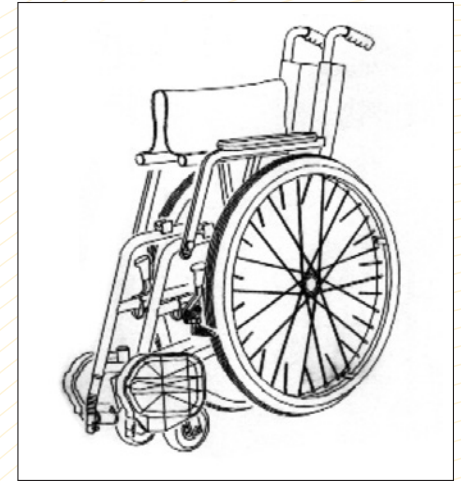
Due to the weight, size and shape of wheelchairs, loading one into a vehicle can be potentially harmful to your back. For this reason, it is important to use proper body mechanics in order to prevent injury.

WHEELCHAIR PREPERATION

In order to reduce the weight and size of the wheelchair, it is necessary to remove as many components as possible before loading, such as the wheels, cushions and foot rests.



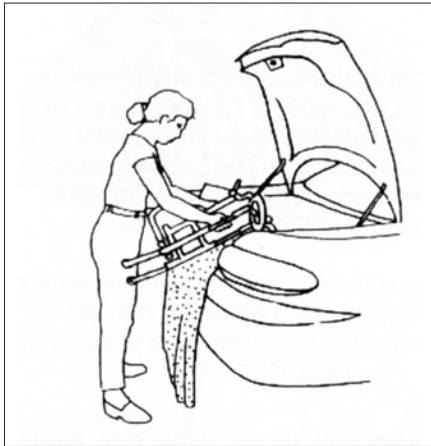
If your wheelchair can be folded, you will have to fold it before loading it into the vehicle. For more information on how to fold the wheelchair, please refer to the wheelchair guide and/or to the instructions provided at the time of the wheelchair's delivery.



LOADING THE WHEELCHAIR INTO THE TRUNK

- Place a towel or blanket to protect the vehicle's paint
- Bend your knees and bring the wheelchair close to your body

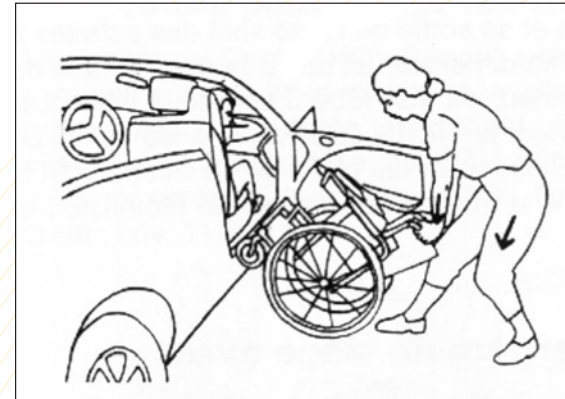




- Extend the knees to lift the wheelchair up to the side of the trunk and rest it against the towel/blanket



- Push on the wheelchair to slide it into the trunk
- Put the wheels, footrests, cushion and towel/blanket inside the trunk.



LOADING A WHEELCHAIR INTO THE VEHICLE

By someone else:

- The wheelchair user is already sitting in the passenger seat
- Move the passenger seat forward as much as possible
- If needed, incline the passenger seat towards the front
- Protect the seats in back with a towel/blanket
- Remove the footrests and cushions
- Remove the anti-tippers
- Tilt the wheelchair back on its rear wheels and bend your knees while keeping your back straight
- Place the small wheels inside the vehicle
- When the small wheels are inside the vehicle, roll the wheelchair forward behind the seat.

BY YOURSELF

- Transfer to the driver's seat
- Remove wheels, footrests and the cushion from the wheelchair and place them under the passenger seat.
- Lift the wheelchair's frame and place it on the passenger seat or on the back seat.
- Use the passenger seat belt to stabilize the frame of the wheelchair while driving.



VEHICLE ADAPTATIONS

There are adaptations that can be installed on your vehicle, which can help in loading the wheelchair.

ROOF LOADING SYSTEMS

These loading systems can be installed on the roof of certain vehicles and can load certain manual folding wheelchairs via an electric lever.

