

Emergency Department

Use of crutches

To stand

- Hold both crutches in one hand
- Push up from the chair
- Once standing, transfer one crutch into the other hand
- Put the crutches in front of you and get your balance

To sit

- Have the chair immediately behind you
- Put both crutches in one hand
- Hold the chair arm with the other hand
- Sit down gently

To walk

If you are allowed to put weight on your injured leg

- Put both crutches forward
- Put your injured leg one step forward in between your crutches
- Take your weight onto your hands and step further through with your good leg
- Put both crutches forward



Patient Information

If you are not allowed to put weight on your injured leg

- Put your crutches forward keep your injured leg off the ground
- Take the weight onto your hands
- Bring your good leg forward just past the crutches

Staircase (ascent/descent)

Please sit on the stairs, whilst holding onto the rail or staircase. Push yourself up with your good leg.

Safety

Always check that the wing nuts and the rubber bit on the bottom of the crutches are not worn.

Please return the crutches to the Emergency Department when you no longer need them.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6200 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Did we get it right?

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