

Scooter Safety

Tip and Fall Prevention



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Using a scooter can help you get around on your own, such as going to the store or taking part in social activities. Being more mobile can also improve your overall health and wellbeing. But, scooters do come with safety concerns, such as tipping or falling from the device.

Follow these tips and the instructions from your therapist and scooter supplier on how to use your scooter safely to prevent accidents.

Turning

When making turns, go slow. Scooters can tip over if you try to make a turn too quickly. Also, be aware what is around you, including curbs and pavement edge drop-offs.



Go slow when turning.



Be aware of curbs.

Ramps

Go up and down ramps slowly. Keep your wheels away from the edges of the ramp. If the wheel falls off the edge of the ramp, this may cause you to fall.



Drive down the center of the ramp slowly.



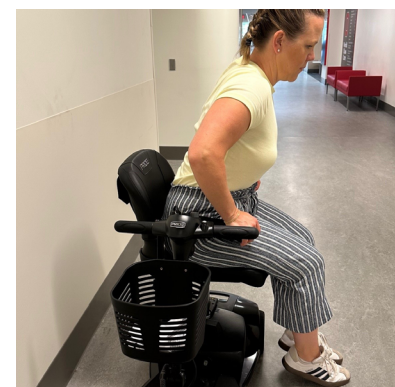
Avoid driving at an angle.

Transferring

Before transferring to or from your scooter, turn off the power. It may also be helpful to turn the seat of the scooter to make transferring easier.



Grip the handlebars, as you slide onto or off of the seat.



Turn the seat, and then grip the arm rests to get on or off the scooter.

Uneven and unsafe surfaces

Avoid uneven surfaces, such as gravel pathways and potholes, as they can cause you to tip from your scooter. Also, avoid icy and wet surfaces, and puddles.



Avoid uneven surfaces.



Avoid holes and potholes.

Side slopes

If you are going over a side slope, drive as straight as possible across the slope. Avoid driving at an angle.



Avoid driving at an angle. Drive in a straight line across side slopes.



If needed, use your feet to prevent tipping.

Reaching

When reaching for an object outside of your center of gravity, get close to the object, turn off your scooter and place your foot on the ground to make yourself more stable before reaching. Use a reacher to pick up and grab objects as needed.



Turn off your scooter.



Place your foot on the ground to make yourself more stable before reaching.

Caring for your scooter

- Charge your battery nightly after use. Charge the battery at least every 2 weeks.
- Contact your supplier for any repairs.
- Schedule a yearly “tune up” with your supplier.

Call Outpatient Rehabilitation Assistive Technology

Call your therapist at 614-685-5600 for more training if you have:

- Safety concerns about using your scooter.
- Tipped your scooter or fallen from it.