

Keys to Safer Sitting¹

1. All clients who spend time in a wheelchair should be evaluated by an Occupational or Physical therapist who is experienced in seating assessments
2. Make sure the cushion is positioned correctly (contours facing up, pommel at the front etc).
3. Make sure the cushion is properly maintained.
4. Encourage the client to engage in weight shift behavior (i.e. life off, shift from side to side, or lean forward etc).
5. Seating should be **re-evaluated** by an Occupational or Physical therapist for each client every **2-3 years** or with any other of the following:
 - a. Development of redness
 - b. Increased use of the wheelchair
 - c. Change in client's physical status
 - d. Client is unable to maintain an upright posture
 - e. Cushion appears worn, develops leaks, etc.

1. Norton L, Sibbald RG. "Is Bed Rest an Effective Treatment for Pressure Ulcers?" Ostomy Wound Management 2004; 50(10): 40-52 © Norton et al