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LACK OF MOVEMENT

A person with mobility issues could find it challenging to use stairs or travel rapidly across long distances. Reliance on mobility aids like a wheelchair, walker, crutches, or a walking cane may be a limitation.

People who have breathing problems or cardiac conditions may also be less mobile. A good emergency strategy requests that an emergency evacuation chair be kept close to a stairwell on the same floor as your home or place of employment if you use a wheelchair or scooter so that your network may easily access it to assist you during an evacuation.

The disabled person needs to be involved in choosing the evacuation chair. Those who need to use an evacuation chair should choose a primary and backup contact who will help them if there is a need to evacuate. Together with the building management and contact people, draught an escape plan and practise using the chair.

If you can't check for injuries yourself after an emergency, identify any regions of your body that have decreased sensation on your personal evaluation checklist. Find out whether there are wheelchair-accessible emergency shelters in your region by contacting your local municipal office.

•Assisting a person with a movement disability – what to do

- If possible, use latex-free gloves when providing personal care.
- Try to ensure that the person's wheelchair is transported with the person.
- If this is not possible, employ other evacuation techniques as appropriate, such as use of the evacuation chair, shelter-in-place (if instructed to do so), or lifts and carries by trained personnel.
- Do not push or pull a person's wheelchair without their permission, unless it is a matter of life or death.

