

Falls Prevention – Equipment installation & safe use

TRAY MOBILE

These instructions are to be used in conjunction with the information that your Health Professional has discussed with you.

WHAT IS A TRAY MOBILE?

- ◆ A tray mobile is a lightweight, portable trolley used for transporting items within the home, commonly used for meal serving in the kitchen.
- ◆ A tray mobile is particularly useful for people who have difficulty carrying items or have poor balance when carrying these items.

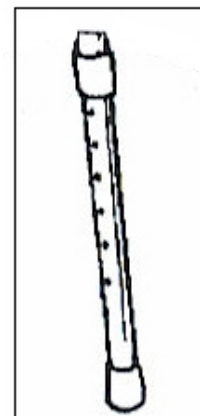
FEATURES

- ◆ A tray mobile can have 4 swivel castors or 2 castors at the front and 2 small 'skis' at the rear. The legs of the tray mobile are usually adjustable in height.
- ◆ A tray mobile usually has two removable plastic trays which are recessed into the frame to allow you to stand as close to the frame as possible when in use.
- ◆ Each tray has a raised lip around its surface to help prevent spillage and items falling off the tray.



ADJUSTING THE HEIGHT

- ◆ To adjust the leg length, push the button in and slide the internal leg piece up or down to the appropriate notch. Your Health Professional can advise you regarding the appropriate height.



HOW TO USE THE TRAY MOBILE

- ◆ Place two hands on each handle bar. As you begin walking, slowly guide the tray mobile in front of you in the direction you wish to travel. Position your body so that the recessed section of the frame is closest to you.

CAUTION: Ensure that you are standing before you grasp the handles of the tray mobile. Do not use the tray mobile to help you stand up from the seated position.

- ◆ To help prevent items slipping on the tray whilst in transit, it is suggested that you place a non-slip mat on the tray.

PRECAUTIONS & SAFETY

- ◆ A tray mobile is not to be used as a substitute for a mobility aid unless recommended by your health professional.
- ◆ The tray mobile is not designed to support a person's full weight; therefore it must only be used to guide and support your balance when carrying items.
- ◆ Ensure that the tray mobile is stable and glides easily on the floor.
- ◆ Heavy items are not recommended to be placed on the tray.
- ◆ Ensure that there is adequate circulation space within the home and that there are no mats or rugs that can obstruct the path of the tray mobile. This can be a potential falls hazard.

MAINTENANCE & CLEANING

- ◆ Ensure that you regularly clean the tray mobile with a mild disinfectant/cleanser.
- ◆ Should the equipment appear damaged, rusted or corroded –do not use. It may require replacement.

