

**INSTRUCTIONS**

Look through the A-Z index as a prompt to record the names of all of the equipment and aids you use to promote your mobility and self-care.

TO COMPLETE 3.4

**I use the following equipment and aids:**

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**For equipment used provide information so workers' can use it safely**

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Complete the table by recording your maintenance instructions for specific equipment. If equipment is hired when is the maintenance due?

NAME OF EQUIPMENT	WHO IS IT HIRED FROM?	WHAT MAINTENANCE IS REQUIRED?	WHO DOES THE MAINTENANCE?	WHEN IS MAINTENANCE NEXT DUE?	DATE MAINTENANCE WAS COMPLETED