

Sitting on chairs

- The guide should stand in front of the chair half a step ahead, then inform the blind that there is a chair in front of him.



- The blind touches the chair with the back of his left hand and puts his right arm in front of his head for an upper body protection, then he sits down.



- If there was a table in front of the chair, the visually impaired should put his left hand on the back of the chair. Then, he brings one hand to one side of the chair and touches the table with the other hand.



- Finally, he moves the chair to the back, then puts his hand on it to make sure that it is empty before sitting down.



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Taha Hussein Library for the Blind and the Visually Impaired

The Main Concepts for Guiding the Visually Impaired

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On the first contact with a visually impaired, some essential points should be taken into consideration:

- Would the visually impaired accept/need your help or not?
- Offer the visually impaired the basic instructions of movement in a theoretical way.

The appropriate guiding of the visually impaired:

- The visually impaired should hold the guide's wrist from the middle with 4 fingers and stand half a step behind him in a straight line.



- Then, the guide should start to walk and measure the speed according to the visually impaired person's ability to follow him.



Turning to the opposite direction

Both, the guide and the visually impaired should fix their feet (heels) on the ground. Then, they should turn one step in the opposite direction.



Switching directions

Directions should be switched from left to right, or vice versa. The visually impaired should switch his/her right hand with the left hand for example in a straight line behind the guide and hold the guide's left wrist.



Pathways and passages

- While walking in narrow passages, the guide should move his hand behind his back so the blind will know that he is in a narrow passage.
- The blind should straighten his arm and walk one step behind the sighted guide.
- After walking through this passage, the guide returns his hands to the normal position.



Ascending and descending the stairs

- The guide should stand in front of the stairs and inform the visually impaired that they are going to use the stairs, and the guide should be one step ahead.
- Then, the guide has to place the blind's hand on the railing to make him feel secure.
- Consequently, the guide starts to climb the stairs one step ahead of the visually impaired. The steps should be in a constant rhythm.



- Finally, by the end of the stairs the sighted guide should inform the visually impaired that they finished climbing the stairs.
- If the stairs are narrow, the guide must act as if they are in a narrow passage.
- The same method is applied for descending the stairs.

