



## Specific Transfers

### *Moving to the Edge of the Bed*

1. Elevate the bed to a comfortable working height.
2. Move your loved one one section at a time, starting with the feet, then the mid-section, and then the neck/head.
3. Roll, drag, lift, or pull. Never push your loved one.

### *Moving up in the Bed*

1. Elevate the bed to a comfortable working height.
2. Lower the bed rail on the side that you will be working.
3. Lower the head of the bed so that your loved one is lying flat.
4. Place one arm beneath your loved one and the other at your loved one's shoulder blade.
5. Get as close as you can.
6. Bend your knees, spread your feet apart, and keep your back straight.
7. Use verbal cues, such as "now."
8. Work together to lift up in the bed.

### *Sitting up on the Edge of the Bed*

1. Work on your loved one's strong side.
2. Place the transfer belt around the patient—make sure to leave enough space so that two of your fingers can fit in between the transfer belt and your loved one.
3. Place the wheelchair at the head of the bed and lock its brakes.
4. Elevate the bed to the proper working height.
5. Move your loved one one section at a time starting, with the feet, then the mid-section, and then the neck/head.
6. Raise the head of the bed so that your loved one is sitting up.
7. Ask your loved one to dangle his/her strong leg over the side of the bed.
8. Place your hand under the transfer belt.
9. Put your other arm around your loved one's shoulder.
10. Bend your knees, spread your feet apart, and keep your back straight.
11. Use verbal cues, such as "now."
12. Lift and move  $\frac{1}{4}$  of a turn so that the patient is sitting up.



### *Moving from the Bed to a Wheelchair*

1. Make sure that the wheels of the wheelchair are locked.
2. Ask your loved one to use his/her strong hand to hold onto the far armrest of the wheelchair.
3. Put your arms under your loved one's.
4. Grab the transfer belt with both hands.
5. Bend your knees, spread your feet apart, and keep your back straight.
6. Use verbal cues, such as "now."
7. Lift and move  $\frac{1}{4}$  of a turn to the wheelchair.
8. Adjust the armrests and foot rests so that your loved one is sitting comfortably.

### *Moving from a Wheelchair to the Bed*

1. Get the wheelchair as close to the bed as possible.
2. Remove the wheelchair's armrest and footrest on the near side of the bed.
3. Ask your loved one to use his/her strong hand to hold onto the bed rail.
4. Place your arms around your loved one's waist and grab hold of the transfer belt.
5. Bend your knees, spread your feet apart, and keep your back straight.
6. Use verbal cues, such as "now."
7. Lift and move  $\frac{1}{4}$  of a turn toward the bed so that the patient is sitting up in the bed.
8. Steady your loved one by placing your knee against your loved one's unaffected leg.
9. Unlock the brakes on the wheelchair and move it out of the way.

### *Laying Down from a Sitting up Position*

1. Place your arm under the unaffected leg at the calf.
2. Put your arm around to your loved one's shoulder blade.
3. Use verbal cues, such as "now."
4. Lift and move  $\frac{1}{4}$  of a turn so that your loved one is laying down.