

### **Transfer from Bed to Wheelchair**

- 1) Position w/c at edge of bed towards the feet, apply ensure chair is locked and wheels are facing the back to ensure patient doesn't trip on wheels
- 2) Explain to patient what you are doing so patient is aware
- 3) Ensure if patient has any kind of tubing and any other attachments are properly placed prior to the transfer.
- 4) Ensure patient is wearing nonskid slippers and or socks that are non-skid
- 5) Ensure patient is close to the edge of bed and on their side facing the caregiver. (This step helps patient sit up and move legs off the bed at the same time)
- 6) Bend your knees and keep back straight and neutral (Use of proper body mechanics helps prevent injury when handling patients)
- 7) Make sure you use a cue with patient and explain this prior to the movement. Such as counting "1,2,3 up".
- 8) With one arm under shoulders and others on top leg have then have the patient push against bed with arm closest to the bed, at the same time count 123and shift your weight from the front foot to the back foot all in one swipe.
- 9) Patient is sitting at side of bed (assess if feeling dizzy if so, wait to subside)
- 10) Have patient grab hips or shoulders if no gait belt.
- 11) Lifting with knees, count 1,2,3 and with one fluid motion pivot patient to w/c have them feel w/c at back of legs before sitting and once there bring down patients using your knees.
- 12) Once Patient is safely in w/c either they can move physically move back themselves or you can assist them. Cine back behind them put your arms under patient arms and have patient cross arms and lift patient using knees.
- 13) Its important you are using good body mechanics by using your knees and not your back