

# Transfer Techniques

Consumers often require assistance with transferring in and out of bed and from one surface to another. Providers are at risk of injury if proper body mechanics are not used during these transfers. There are several different techniques that are used for consumer transfers.

## Bed Mobility

Consumers who spend a lot of time in bed are often too sick to transfer themselves in and out of bed and to change positions in the bed.

- If your consumer has a hospital bed, raise the height of the bed to your waist height to avoid bending over.
- Help the consumer move to the side of the bed by rolling him toward you.
- Support the consumer at the shoulders and buttocks area. To transfer from laying down to sitting, instruct the consumer to push off the bed with his elbow while you reach underneath his knees and assist him with bringing his feet over the edge of the bed.
- Squat down as you lower his feet toward the ground.

## Sit to Stand Transfer

- Place a gait belt around the consumer's waist to provide something for you to hold onto.
- Do not hold the consumer by the armpit as this can cause damage to her shoulder.
- Instruct the consumer to scoot forward toward the edge of the seat until her feet are flat on the floor then place her hands on the armrests of the chair or next to her sides on the bed.
- Stand facing the consumer, bend your knees and hold each side of the gait belt.
- Rock the consumer back and forth three times then, on three, instruct the consumer to push up with her arms as you pull her close to your body as you move into a standing position.

## Stand Pivot

The stand pivot transfer is useful for consumers who can support most of their weight by standing but are too weak to take steps to move from one place to another.

- Perform the sit to stand transfer.
- From this position, continue to hold each side of the gait belt and hold the consumer close to your body.

- Take small steps and rotate your body until the consumer's back is facing the seat he is moving to.
- Slowly squat and lower him into a seated position.

### **Sliding Board Transfer**

Sliding board transfers are used for consumers who are unable to bear weight on their legs.

- From a sitting position on the bed, instruct the consumer to lean to the side and place a sliding board under the consumer's buttocks on the stronger side of his/her body.
- Position the wheelchair at a 90-degree angle to the bed.
- Remove the armrest on this side of the wheelchair and position the opposite end of the sliding board on the seat surface.
- Place a gait belt around the consumer's waist.
- Assist her with shifting her weight from side to side by squatting in front and holding each side of the gait belt as she scoots along the sliding board.
- You can also perform this transfer by sitting on a stool in front of the consumer.
- Once she is in the wheelchair, help her shift her body weight to the side and remove the sliding board from underneath the buttocks.