

Slideboard Transfer

1. Position wheelchair as close as you can to the bed. Lock the brakes. Remove the leg rests. Remove the armrest closest to the bed.
2. Scoot forward in the chair and position your feet flat on the floor slightly under your knees.
3. Lean slightly away from the bed and carefully slide the slideboard under your buttocks and upper thighs. The other end of the slideboard should be placed on the bed.
4. Without placing your fingers under the slideboard, slightly lift buttocks, lean away from the bed and push from the chair to slide across the slideboard.
5. Continue the lift, push and slide sequence until you have fully transferred to the bed. Make sure you are stable and secure. Remove the slideboard.



The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.