Wheelchair Transfer Instructions

A. 1. Place wheelchair at 45 degree angle to the chair or bed.
   2. Position wheelchair so you can transfer toward your strong side.
   3. Move foot rests out of way.
   4. Lock the brakes.

B. 1. Scoot to the edge of the chair.
   2. Push on armrests of the chair or on the bed and stand up.

C. 1. Reach with strong arm for chair or bed you are moving toward.
   2. Step with your strong leg at the same time.

D. 1. Line yourself up with the bed or chair.
   2. Hold on to armrest or reach for bed.
   3. Sit down slowly.