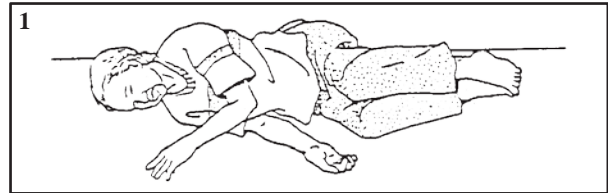


## Floor Transfer Instructions

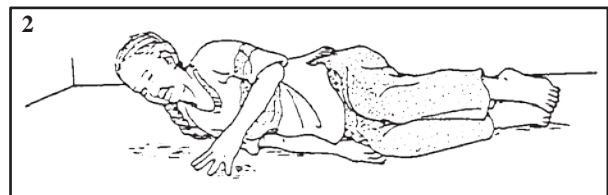
**If the person is injured or not able to talk or respond to you, call 911 for emergency help.**

If the person is alert, unhurt and fairly strong, use this method:

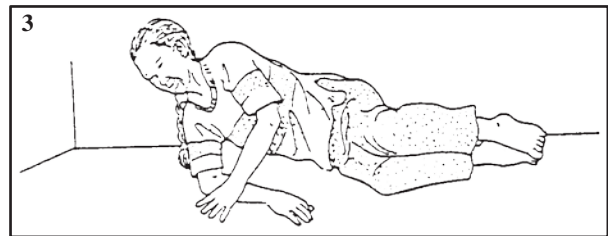
1. Roll onto side.



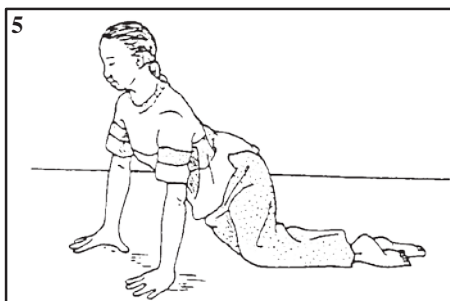
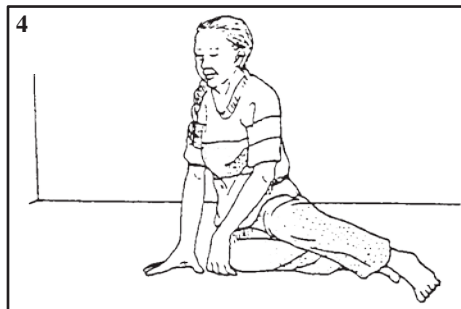
2. Push with upper arm in order to prop on elbow.



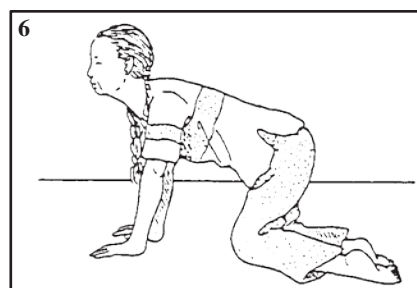
3. Pause and rest if needed.



4. Continue to push up until sitting.



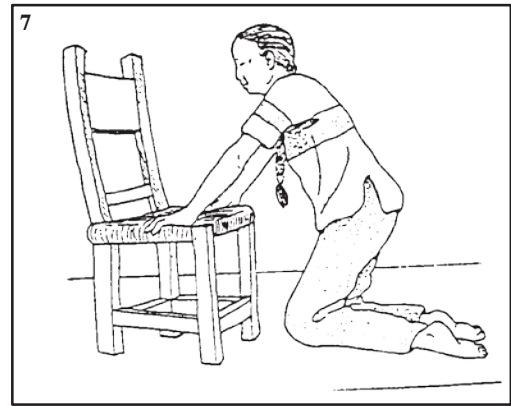
5. Begin to twist around to get on hands and knees.



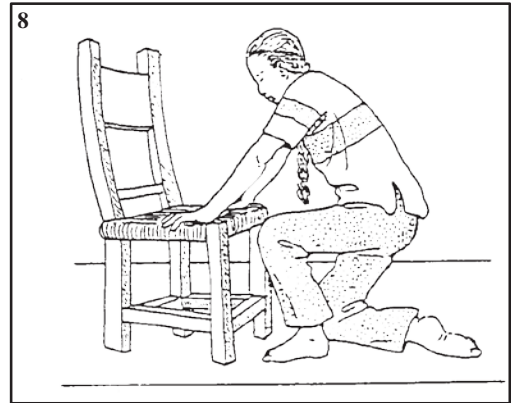
6. Once on hands and knees, crawl toward a sturdy piece of furniture.

*Continued*

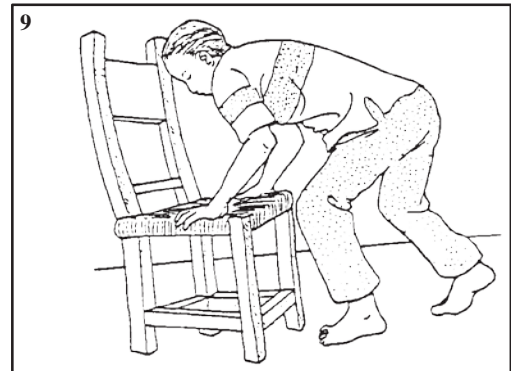
7. Raise onto knees by propping hands on chair.



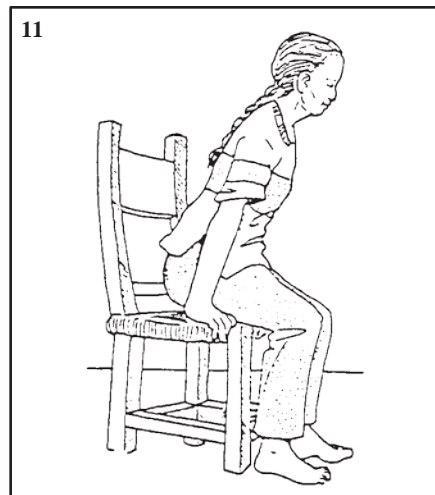
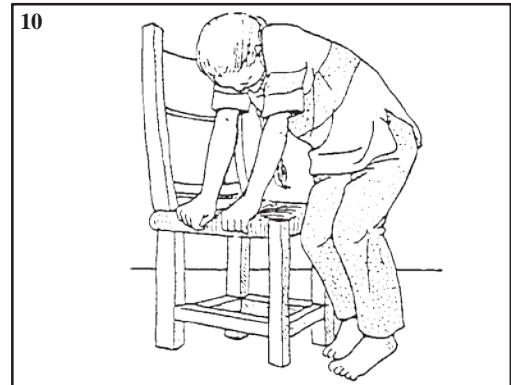
8. Work to get a knee up with the foot flat on the floor.



9. Push up to get both feet on the floor.



10. Carefully begin to turn in order to sit on the chair.  
**Hold onto the chair at all times.**



11. Slowly lower yourself down into sitting.