



Safe Transfers

Transfers from a bed to a chair, wheelchair or bedside commode

- The first step in safe transfers is to make sure that your loved one is wearing non-slip footwear and that their clothing will not get caught or cause tripping.
- Check to ensure that bed wheels are locked.
- You then want to place the wheelchair, chair, or commode on the side of your loved one where they are stronger. If you are using a wheelchair, ensure that the wheels are locked and the footrests are placed to the side of the wheelchair. If possible, position the commode or wheelchair parallel to the bed.
- Assist your loved one into a sitting position on the side of the bed. It is extremely important that at all times during the transfer of the patient that you bend from the knees and hips and do NOT use your back.
- Once your loved one is in a seated position, place both of your hands under their arms and around their back, below their shoulder blades. If your loved one is able, have them hold onto your arm or shoulder with one hand. Do not let them hold around your neck, as this could cause injury.
- When you are ready to help your loved one into a standing position, have them help as much as possible by pushing up on the bed or the arm or their chair with the hand that is not on your arm or shoulder. Use a signal or counting (1, 2, 3) to let them know when to stand.
- Once your loved one is standing, provide support while taking small steps to turn them towards the chair or the commode. You may need to provide coaching to them as they move.
- When they can feel the chair or commode on the back of their legs, have them reach back to hold onto the arm of the chair.
- Assist your loved one to lower into the chair or commode by using your knees and hips. Make sure to keep your back straight and to use controlled movements to ensure you do not twist your back.

If needed, a gait belt can be utilized for additional safety.

- Place the gait belt around your loved one's waist.
- Stand in front of them, positioning yourself to ensure your safety and their safety during transfer. Here again make sure, your knees are bent, your feet are apart, and your back is straight.
- Grasp belt and assist your loved one to stand.
- A gait belt will be provided to you by your nursing team for safe transfers if it is needed.

If you have any questions or concerns, please feel free to call the 24-hour number, 877-506-0149.