

# Patient Lift and Transfer Instructions

## 5B: Transfer with Transfer Board

Patient Name: \_\_\_\_\_ CCAC BRN : \_\_\_\_\_ SPO Patient ID: \_\_\_\_\_

### MODERATE ASSIST WITH TRANSFER BOARD

Transfer Board



**Procedure: \*Note: this procedure can be used from bed to wheelchair or from wheelchair to bed.**

- Clear all obstacles out of the way.
- Explain what you are going to do with patient.
- Ensure transfer board is within reach.
- Move the wheelchair as close as possible to the bed. Remove or position footrests of the wheelchair out of the path of transfer.
- Lock the wheels on the wheelchair.
- Remove the armrest next to the bed. The bed should be at the same height as the wheelchair cushion.
- The patient leans to the opposite side and the patient or caregiver places the sliding board under the hip closest to the bed or wheelchair.
- The other end of the board rests on the bed or wheelchair.
- The patient puts one hand on top of the board and the other on the edge of the seat for support.
- While pushing down on the hands, the patient slides sideways on the board, towards the bed or wheelchair.
- The patient or caregiver moves the feet sideways.
- Ensure patient is safely positioned on bed or in wheelchair. To remove the board, the patient leans to the side away from the board and patient or caregiver slides it out.

**Comments:**

**Instructions specific to patient:**

\_\_\_\_\_  
Therapist Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date