

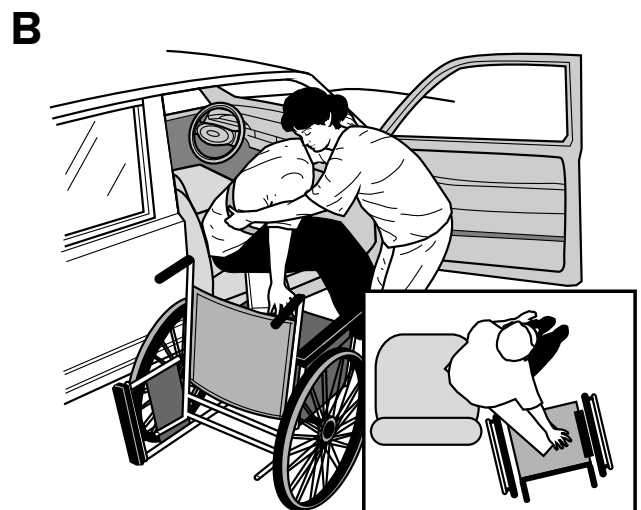
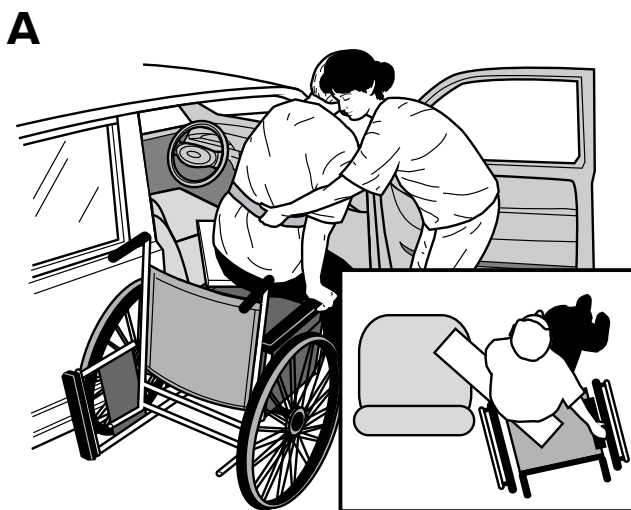
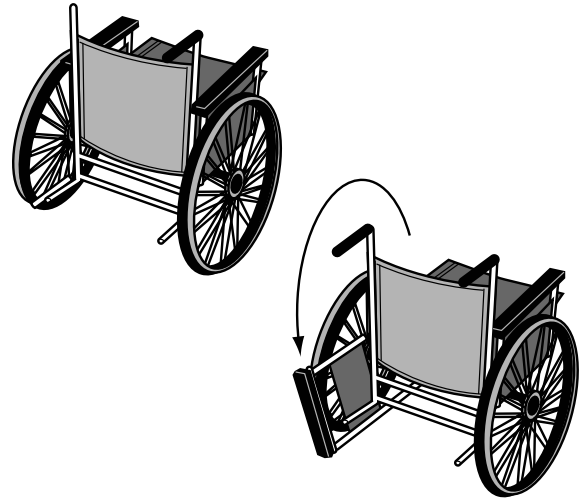
Slide Board Transfer to Car

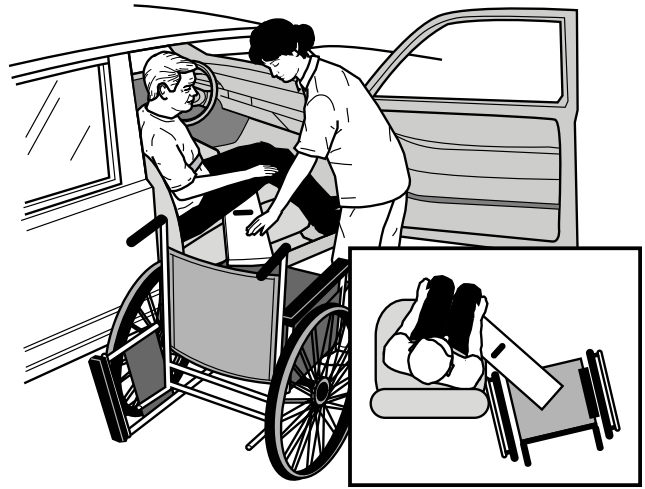


THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

Getting into the car

1. Open the car door and recline the seat back as much as possible. If you have cloth seats, you may want to use a plastic trash bag on the back half of the seat to make it easier to move back.
2. Position the wheelchair so the back wheel of the wheelchair is even with the back of the car seat.
3. Angle the wheelchair toward the car and lock the brakes on the chair.
4. Scoot hips forward and remove the arm rest.
5. Place the slide board between the wheelchair and the car seat. Make sure the slide board is angled to the middle of the car seat.
6. Do the transfer to the car seat:

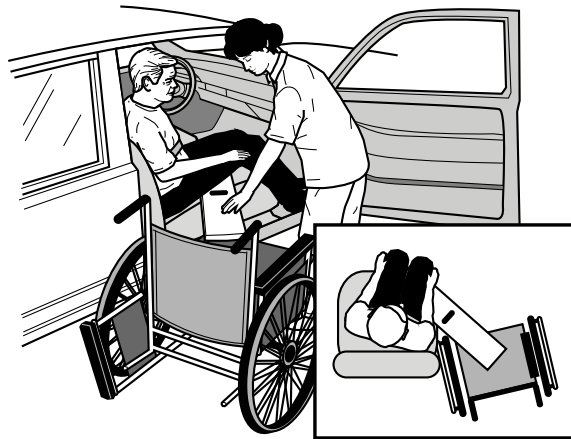


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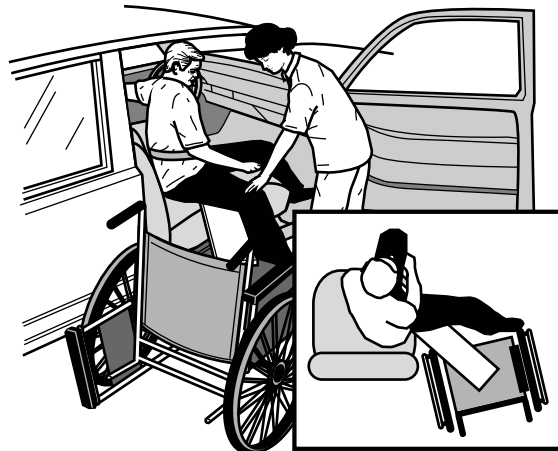
7. Remove the slide board.
8. Lean on the back of the seat to support your trunk while you position your legs in the car.
9. Adjust the seat back to a comfortable position and put your seat belt on.

Getting out of the car

1. Open the car door and position the wheelchair beside the car. Remove the arm rest from the wheelchair.
2. Place the slide board at the middle to back part of your thigh.

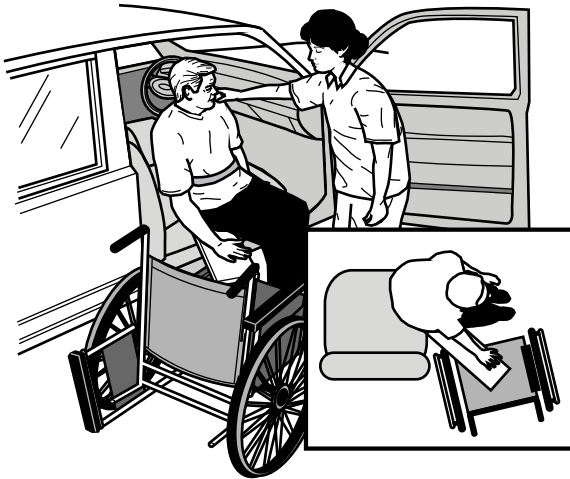


3. Bring your legs out of the car.
4. Be sure the slide board is on the wheelchair seat and the wheels of the chair are locked.

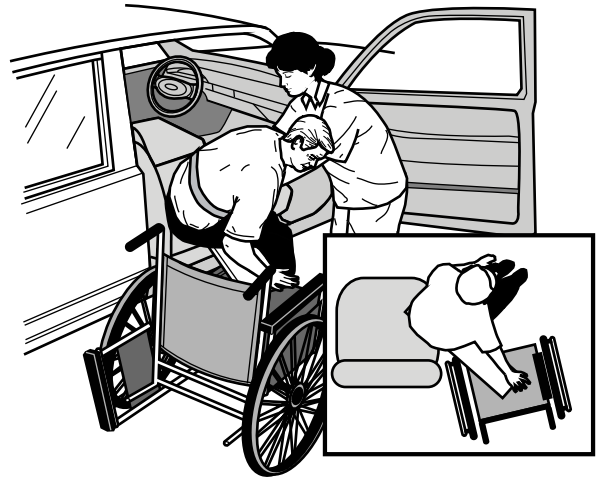


5. Do the transfer to the wheelchair:

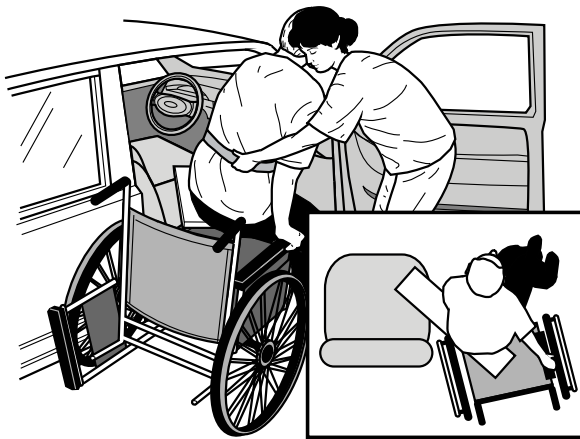
A



B



C



6. Remove the slide board.

If you are helping to do the transfer

- Use a gait belt around the person to give you a firm surface to hold onto as you help.
- Use your hands on the person's hips, shoulders and upper body as control points.
- Explain each step as you go and let the person see in which direction he or she is moving.
- Have the person use his or her own function and strength during the transfer.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.