Use of Sliding Board for Transfer from Wheelchair to Bed

Positioning the wheelchair
- Position the wheelchair parallel, but at an angle, to the middle of the bed.
- Lock the wheelchair.
- Remove your feet from the footrest and swing the footrest away.
- Remove the armrest nearest to the bed.
- Move forward to the edge of the chair, so you will not hit your bottom on the wheel when you slide across.

Positioning the slide board
- Put the slide board under your thigh nearest to the bed. Rest the board on the wheelchair seat and the bed.
- Make sure the slide board is in front of the wheel.
- Put the hand closest to the slide board on the board and the other hand on the armrest of the wheelchair. Keep your hand flat and do not grip the board to prevent pinching your fingers.

Transfer to the bed
- Use both arms to push up and lift your bottom off the seat of the chair. **Keep your head positioned over your hips when you do this.**
• Scoot your body across the slide board about 4 to 5 inches at a time until your body is across the slide board. Each time you scoot, push up to lift your body off the board.
• Remove the slide board when you are seated securely on the bed.
• Someone can help you by standing in front of you and lifting up on your hips and bottom to help you scoot.

Returning to the wheelchair
• The process is reversed when returning to the wheelchair.
• Put the slide board under your thigh nearest to the wheelchair with the board resting on the chair and bed.
• Place one hand on the slide board and the other on the bed.
• Push up to lift your bottom and scoot backwards toward the chair.
• Once you are in the chair, remove the slide board and replace the armrest on the chair.
• Put the footrest back in place and return your feet to the footrests.
• Unlock the wheelchair.