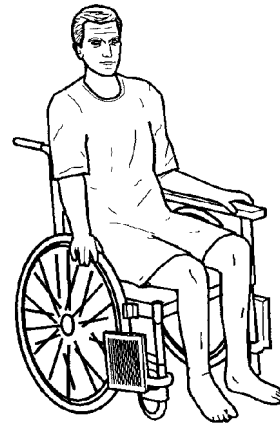


# Non-Weight Bearing Transfer from Wheelchair to Bed

A transfer is the moving of a person from one surface to another. This transfer is used when the person is not to put weight on their feet or legs. The arms are used to help push up the body and scoot from one surface to another.

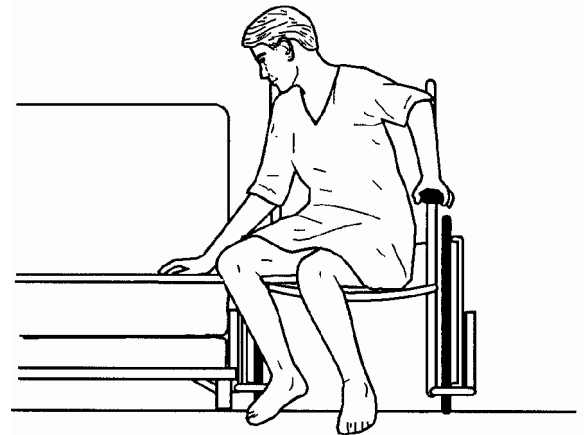
## ☞ Positioning the Wheelchair

- 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.

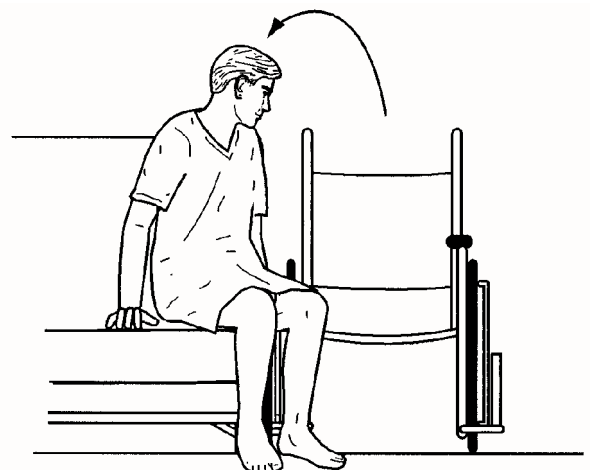


## ☞ Transfer to the Bed

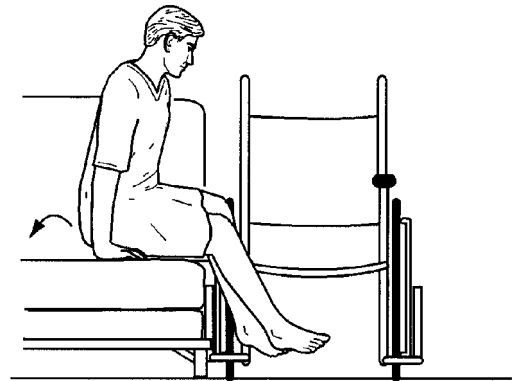
- Place the hand closest to the bed on the mattress. Place your other hand on the armrest of the wheelchair.
- Use both arms to do a push up and lift your bottom off the seat of the chair. **Keep your head positioned over your hips when you do this.**



- Scoot your body about 2-3 inches at a time until your body is on the bed. Each time you scoot, a push up is done to lift your body off the chair.



- Scoot yourself back to the middle of the bed. Then you can swing your feet up and lie down.
- Help can be provided by standing in front of the person and lifting up on the hips and bottom to help them scoot.



### **Returning to the Wheelchair**

- The process is reversed when returning to the wheelchair.
- Position the wheelchair close to the bed with the armrest closest to the bed removed. Swing the footrest out of the way.
- Sit up on the side of your bed
- Place one hand on the mattress and the other on the chair armrest if you can reach it.
- Do a push up to lift your bottom and scoot toward the chair.
- Once you are in the chair, replace the armrest on the chair.
- Put the footrest back in place and return your feet to the footrests.
- Unlock the wheelchair.

**If you would like more written information, please call the Center for Health Information at (614)293-3707. You can also make the request by e-mail: [health-info@osu.edu](mailto:health-info@osu.edu).**

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- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.