

Rehab TIP SHEET #4

Assisted Transfers of Patients

Steps to Performing Sliding Board Transfer*

1. Try to ensure that the end surface is below or level with the start surface. It is easier to go downhill if possible.
2. Position the two surfaces so that they are as close as possible at an angle to one another.
3. Remove the footrests and armrest closest to the surface.
4. Apply a transfer belt just below the patient's navel. Make sure that the belt is snug. If you don't have a belt, use proper hand placement. ↓



5. Instruct the person to lean away from the end surface, and slide the sliding board underneath the buttock on the same side putting it about 1/3 underneath his/her hip where the buttocks meets his leg.
6. If the patient will be assisting with the transfer, instruct the patient to place the hand on a stable surface for a strong push assist. Make sure that the patient uses a fist or a flat hand so that

his/her fingers do not get caught underneath the sliding board.

*If possible, remove the wheelchair armrest on the side the transfer is being made.



7. By pressing down with all moveable extremities and leaning forward, instruct the patient to scoot in an arc until he/she gets across the board.

8. If the patient is unable to assist with the transfer, the caretaker should bend at the hips and knees and grip the transfer belt on either side of the patient's hips. Lean the patient's head so that it rests on the

caregiver's shoulder away from the end surface. Slide the patient's hips across towards the end surface.

9. Instruct the patient to lean away from the sliding board and remove it.

10. Assist the patient to the desired position.