Transferring from a Bed to a Chair or Wheelchair

1. Position the chair close to the bed. If the client has a weak side, position the chair so she will turn toward her stronger side.

2. If client is using a hospital bed, lock the wheels of the bed and lower the bed height to the lowest position.

3. If using a wheelchair, lock the wheels of the chair; move the footrests out of the way or remove them.

5. If using a hospital bed, raise the head of the bed so the client is in a sitting position; fanfold the bed linens out of the way.

6. Help the client sit on the edge of the bed with her feet on the floor.

7. Help the client put on her shoes and any needed clothing.

8. Allow the client to dangle her feet for 1-2 minutes or as needed.

9. Watch the client for signs of dizziness or fainting. If this occurs and does not pass quickly, help the client lie down; call the franchise office immediately.

10. Properly apply the gait belt; make sure the belt is not too tight or too loose.

11. Ask the client to place her hands on the bed to enable her to push off. Make sure the client’s feet are flat on the floor.

12. Stand facing the client with your feet 12 inches (30.48 cm) apart alongside the client’s feet. Position your legs to block the client’s legs from buckling while standing.

13. Grasp the gait belt from underneath on both sides of the client’s waist, keeping your back straight and bending at your hips and knees.

14. Ask the client to stand and pivot into the chair on the count of “three.”

15. As you count to “three,” ask the client to lean forward and stand up while pushing off the bed. Pull upward on the gait belt while straightening your knees until the client is standing. Keep your back straight.
16. Pivot the client on her strong side toward the chair, keeping your back and the client’s back straight.

17. The client’s legs should be lined up with the front of the chair; the back of her legs should touch the front of the chair.

18. Ask the client to reach for the arms of the chair for support.

19. Lower the client into the chair while bending at your hips and knees.

20. Position the client in good body alignment and sitting back in the chair.

21. Remove the gait belt.

22. Arrange her clothing.

23. If using a wheelchair, place the client’s feet on the footrest.

24. Reposition the client every two hours if needed.

25. 

Note: Disposable gloves are recommended if you are at the risk of coming in contact with bodily fluids.