



sliding board

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A qualified medical professional should educate and train users for appropriate use. It is your responsibility to use this device correctly.

Transferring means moving between two surfaces such as a bed and a wheelchair. Safe transferring is crucial to preventing falls. The type of transfer you will use depends on your overall health and strength.

A transfer board is typically a flat, rigid board made of wood or plastic. Using a transfer board allows you to move between surfaces without using your legs.

A medical professional should assist and train you on how to use the transfer board. You need to wear a gait belt or transfer belt. This is a special belt that lets a caregiver support you more easily.

- Always use a gait belt during transfers.
- Move slowly and carefully.
- Transfer between surfaces of similar height.
- Protect your skin. Always wear clothing or use a transfer sheet.
- Keep your body parts in the correct position. As you move across the board, stop as needed and reposition your legs and feet. Keep your feet flat on the floor throughout most types of transfers.
- Wear any orthopedic devices you have while transferring.
- If you have decreased strength or sensation in your upper body, work with a caregiver to help you transfer.



Moving from a bed to a wheelchair

Sit on the side of the bed. Your legs should hang over the edge with your feet flat on the floor. The wheelchair should be positioned as close to the bed as possible. The wheels of the chair should be locked. Both footrests should be moved out of the way. The armrest nearest to you should be removed.

You or the caregiver should slide one end of the transfer board beneath your thigh. Point it downward to keep from pinching skin. Leaning your upper body in the opposite direction from the board can make placing the board easier. The other end of the board should be placed flat on the wheelchair seat. The board should point toward the back seat corner farthest from the bed. Also, the front edge of the board should be forward of the wheelchair's rear wheel.

To move across the board, unweight your body by pushing up with your arms. Next, move your body toward the second surface and lower it back onto the board. Repeat using several short movements. As you transfer, lean your head and shoulders in the opposite direction of the move. For example, to move left, lean your head and shoulders to the right as you move your buttocks to the left.

It is your responsibility to maintain and provide upkeep of this item. It is your responsibility to use this device correctly.

