

# HOW TO DO

## Safe Power Wheelchair Transfers

When you transfer, make it a goal to minimize injury to your wrists, arms, and shoulders.

1

### OPTIMIZE YOUR POSITION

#### Wheelchair Position



Move wheelchair within 3 inches of target surface.

Angle your wheelchair 0-19 degrees with the target surface.

Turn power off.

#### Body Position



Remove armrest and hip or thigh supports

Scoot hips forward so at least 1/3 of thigh is off the cushion.

Place both feet in a stable position on the foot plates or the floor.

2

### PROTECT WRISTS, ARMS, AND SHOULDERS

#### Grips



Grip hand on edge of bed, armrest, wheel, or frame. If unable to grip, use curled fingers to reduce strain. Avoid fist or flat hand.

#### Hand Placement



Your leading shoulder should be at a 30-45 degree angle.

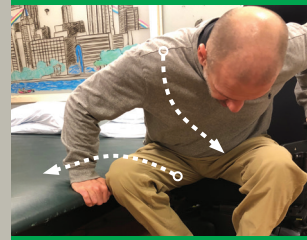
Keep your trailing hand (*hand behind you*) close to your body and your leading hand (*hand in front of you*) close to the landing site.

Avoid twisting your leading arm.

3

### CONTROL YOUR MOVEMENT

#### Head-Hips Relationship



Bend forward so your chest is nearly parallel to the floor.

Attempt to pivot so the head and hips move in opposite directions.

#### Smooth Landing



No Explosive Movements!

Keep movements for both transfer and landing smooth and safe.

Use multiple scoots if needed.