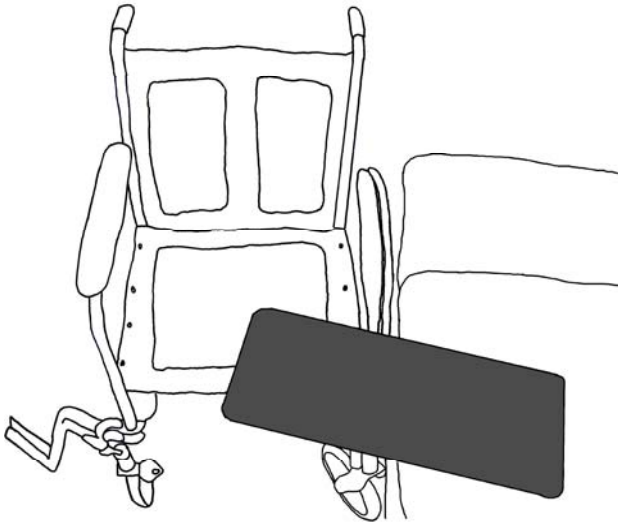
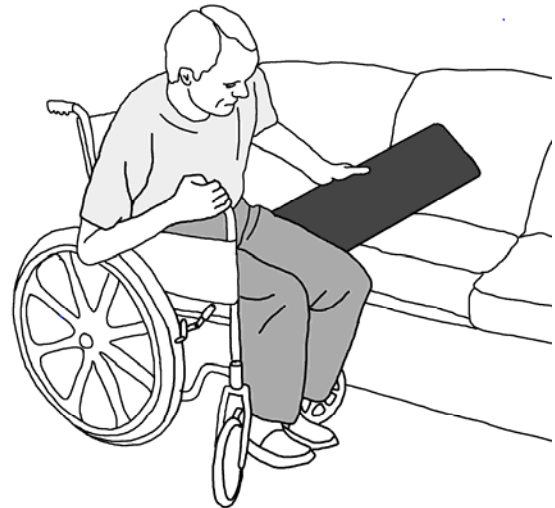


# Occupational Therapy TOOLKIT

## Transfer Board– Moving to the Left Transfers To and From a Wheelchair, Chair, Bed or Commode



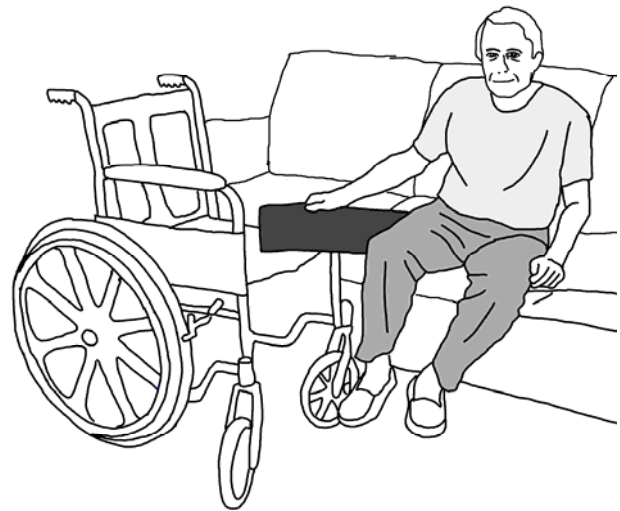
1. Position wheelchair next to the transferring surface. Lock the brakes and remove both the armrest and leg rest. Be sure the other surface is secure, so it will not slide out from under you during the transfer.



2. Lean to the right and place transfer board under the left buttock.



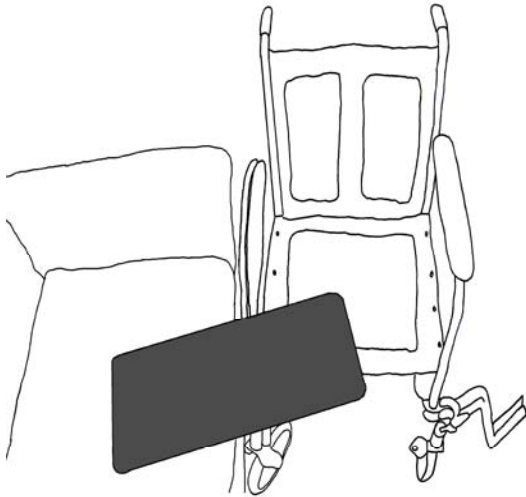
3. Place your left hand flat on the transfer board and the other on the armrest. Lift your weight and move across the board. Your caregiver can assist you by guiding your legs.



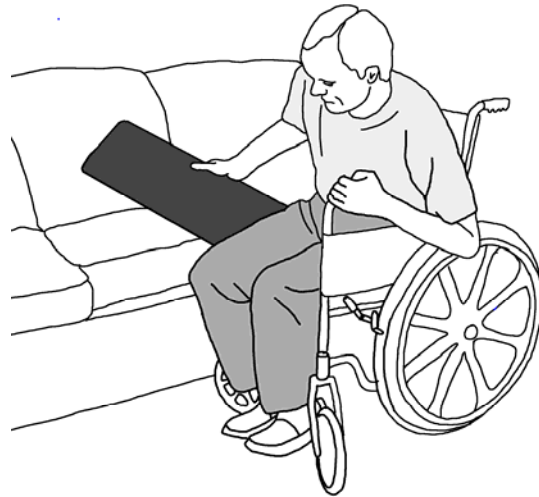
4. Remove the transfer board once you are secure on the transferred surface. Use a pillowcase, towel or powder to reduce friction.

# Occupational Therapy TOOLKIT

## Transfer Board– Moving to the Right Transfers To and From a Wheelchair, Chair, Bed or Commode



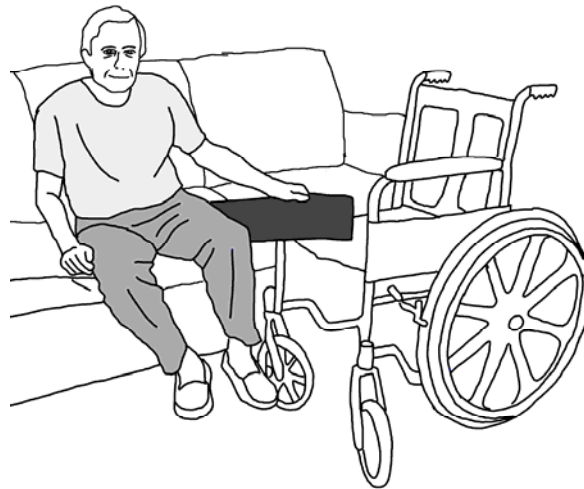
1. Position wheelchair next to the transferring surface. Lock the brakes and remove both the armrest and leg rest. Be sure the other surface is secure, so it will not slide out from under you during the transfer.



2. Lean to the left and place transfer board under the right buttock.



3. Place your right hand flat on the transfer board and the other on the armrest. Lift your weight and move across the board. Your caregiver can assist you by guiding your legs.



4. Remove the transfer board once you are secure on the transferred surface. Use a pillowcase, towel or powder to reduce friction.

# Occupational Therapy TOOLKIT

## Transfers Wheelchair to Tub Using Bath Transfer Bench (left)



1. Position your wheelchair as close as possible to the bench. Lock the brakes.



2. Stand and pivot onto the bath transfer bench.



3. Sit on the tub bench.



4. Scoot back onto the seat as far as possible.

1 of 2

# Occupational Therapy TOOLKIT

## Transfers Wheelchair to Tub Using Bath Transfer Bench (left)



5. Lift your left leg into the tub.



6. Scoot your bottom farther onto the seat and lift your right leg into the tub. To get back out, reverse the steps.

# Occupational Therapy TOOLKIT

## Transfers Wheelchair to Tub Using Bath Transfer Bench (right)



1. Position your wheelchair as close as possible to the bench. Lock the brakes.



2. Stand and pivot onto the bath transfer bench.



3. Sit on the tub bench.



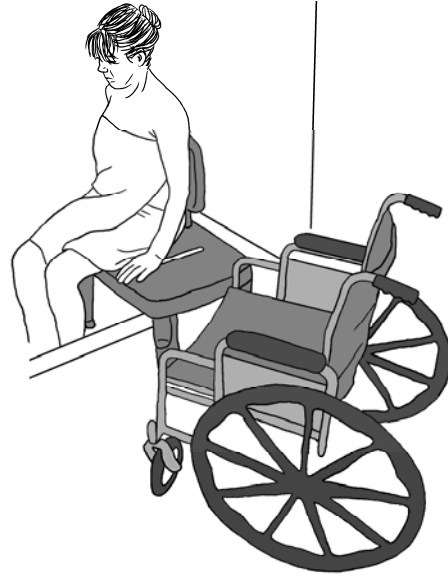
4. Scoot back onto the seat as far as possible.

# Occupational Therapy TOOLKIT

## Transfers Wheelchair to Tub Using Bath Transfer Bench (right)



5. Lift your right leg into the tub.



6. Scoot your bottom farther onto the seat and lift your left leg into the tub. To get back out, reverse the steps.