



# Lifts and Transfers



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# Moving from a Bed

**Step 1.** Explain the procedure to the person.

**Step 2.** Place the wheelchair or chair the person is going to sit in parallel to the bed so that it is touching the bed and faces either the head or foot of the bed. The chair should be positioned so that it is on the person's unaffected side.

**Step 3.** Lock the wheelchair and bed in place and make sure the person has non-skid footwear on both feet.

# Moving from a Bed

**Step 4.** Lower the bed to its lowest position and raise the head of the bed (if possible) to the highest position so that the person is sitting upright.

**Step 5.** Assist the person to roll to their side. Place one hand over their legs and grab under both legs. Place the other hand under their arm and around their back. In one motion, swing their legs off the edge of the bed while lifting the upper torso with your other hand into the upright sitting position. Assist the person to scoot out of the bed until both feet are on the floor.

# Moving from a Bed

**Step 6.** Place both of your feet in front of the person's feet so they do not slide. Place your arms under theirs and around their back and have them place their unaffected arm on your shoulder. Bend down at the knees and stabilize their legs against yours. Lean the person forward and have them push up on the unaffected leg at the same time you are lifting them into the standing position. A belt may be used as an alternative to help lift the person to the standing position.

**Step 7.** Have the person pivot towards their affected side so that their bottom is facing the chair. Slowly lower the person, while bending at the knees, into the wheelchair or chair.

Taken from <http://uthealth.utoledo.edu/clinics/neurology/caringweb/transfer.html>

# Tub/Shower Transfers

- **Before you bathe**

- Be sure you have everything you will need — soap, a towel, a reacher, and a sponge — within easy reach.

- **Getting into the tub chair**

- The tub chair should sit in the tub facing the faucet. Using your walker, cane, or crutches for support, walk to the side of the tub.
- Stop next to the tub chair, then turn so your back is facing the tub.
- Back up until you feel the tub behind your knees.
- Place one hand on the side of the tub chair, and keep one hand on your walker, cane, or crutches.
- Slowly lower yourself onto the seat. Scoot back so you're firmly on the chair.

# Tub/Shower Transfers

- **Getting into the tub chair**

- Once you are seated, lift your legs over the side of the tub one at a time. Let go of your walker, cane, or crutches. Turn to face the faucet.
- You should wash yourself while seated. A special hand-held shower hose attachment for your faucet can make this easier.
- Be sure to keep a towel within easy reach. Dry off while seated on the tub chair.

- **Getting out of the tub chair**

- Turn on the chair, and lift your legs over the side of the tub one at a time.
- Push off from the tub chair, then stand up outside of the tub. Always have your balance before reaching for your walker, cane, or crutches.

# Tub/Shower Transfers

- **Safety Tips**

- You may need to sponge-bathe until your doctor says you may shower or bathe sitting in the tub.
- Avoid standing or lowering yourself into the tub to bathe. This can be dangerous. You may slip and fall.
- Use a long-handled sponge, a leg-lifter, a hand-held shower hose with an on-off switch, and any other items you were told about in therapy.
- Consider adding grab bars or a tub rail to provide extra support.
- If you have had a total hip replacement, remember your precautions when bathing.
- Note: Your therapist may show you different ways to get in and out of a tub chair depending on your situation. Follow the instructions you are given