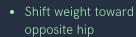
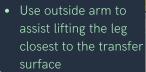
## EDUCATIONAL INFOGRAPHIC

## SLIDE BOARD TRANSFER



- Remove leg rests Angle the front corner of the wheelchair ~30 degrees toward the ¶ transfer surface
- Lock the brakes Remove arm rest closest to transfer surface



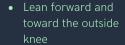


 Use inside arm to put slide board under thigh and angled back toward opposite back pocket on pants





- Inside hand placed palm down on slide board and outside hand on arm rest
- Lean head forward and toward outside
- Push through arms/legs to get hips fully supported on slide board

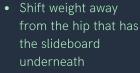


- Push up through both directly beside hips while also pushing up through both legs
- Push more through outside arm to move toward transfer surface
- Hips should rise off the slide board and move toward transfer surface '





- Once both hips are fully supported on the transfer surface, place feet flat on the ground in a typical sitting position Place both hands
- on table for sitting balance support



Lift the leg that has the slideboard underneath and use arm to pull slideboard



## SAFETY

- Make sure wheelchair brakes are
- Ensure transfer is level from wheelchair to bed (no more than 1-2 inches of elevation change)
- Have caregiver in front of you while completing the transfer
- Make sure slide board is under thigh and angled back toward the opposite back pant pocket
- Make sure feet are flat on ground
- Make sure pants/undergarments don't get caught on corner of slide board
- Lean forward during transfer so hips don't slide forward



## **HEAD-HIPS** RELATIONSHIP

- When preparing to transfer:
- Lean trunk forward
  - Your head should move in the oppsoite direction of your
  - For example, if you lean your head and upper body forward and to the right should rise on the left side

Photo Credits: Keerat Chawla **UNC Hillsborough Acute Inpatient Rehab**