

## 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



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



- 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

## SAFETY

- Make sure wheelchair brakes are locked
- 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



- Shift weight toward opposite hip
- Use outside arm to assist lifting the leg closest to the transfer surface
- Use inside arm to put slide board under thigh and angled back toward opposite back pocket on pants



- Lean forward and toward the outside knee
- Push up through both hands which are placed 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



- Shift weight away from the hip that has the slideboard underneath
- Lift the leg that has the slideboard underneath and use arm to pull slideboard out

## HEAD-HIPS RELATIONSHIP

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

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