

A.8



# Transfers

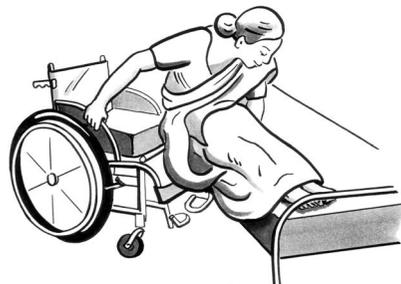
# Introduction

In this session you will review:

- Safe lifting posture and transfer techniques,
- Different transfer methods, including full lift transfers.

# Transfers are important

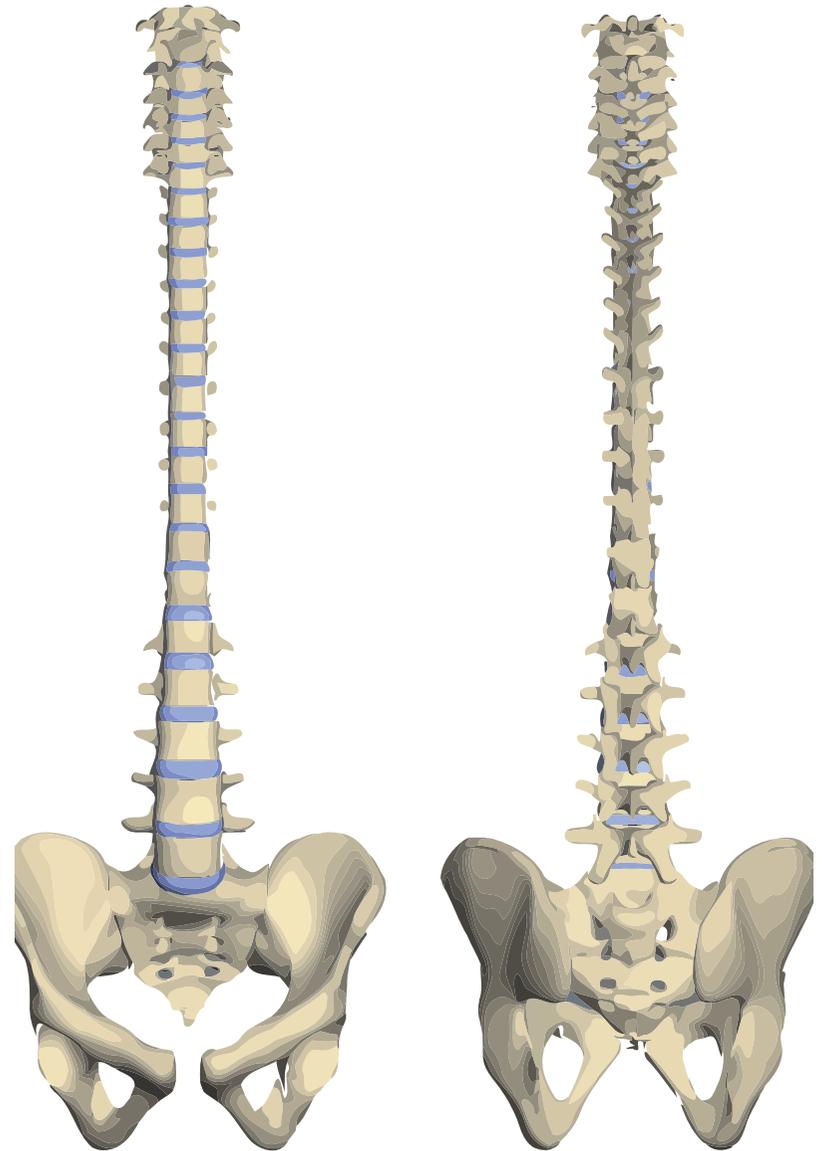
- Wheelchair users may get in and out of their wheelchair several times a day.
- Wheelchair users need a method which is:
  - safe;
  - quick; and
  - does not use much energy.
- Different methods suit different wheelchair users.
- Wheelchair personnel can help wheelchair users to learn a method that suits them best.



# Safe lifting technique tips

**Protect** your back from injury:

- Stand with your feet apart for a strong, stable base of support.
- Avoid leaning forward while lifting:
  - Flatten out your lower back.
- Brace your body: remember use your whole body – not just your arms!
- Do not agree to lift if you are not sure if you cannot manage it safely.



# Safety when transferring

- Put the brakes on.
- Check where you are going.
- Always lift – do not bump or drag



# Before practising a transfer – check

- Check whether the wheelchair user can transfer alone or needs help;
- To transfer independently through **sitting** – check that the user can lift their weight upwards with their arms by pushing;
- To transfer independently through **standing** – check that the user can stand up and take their weight through their legs.



# For every transfer: Remember

- Check if the wheelchair user can transfer alone or needs help.
- Position the wheelchair.
- Apply brakes.
- Remove armrests if they are in the way (if armrests are removable).
- For standing transfers – move footrests out of the way (if possible).
- Always lift – do not drag.
- During assisted transfers, encourage the wheelchair user to do as much of the transfer themselves as they are able to.
- When helping to lift a wheelchair user – do not grip clothes or belt loops.

# Transfers: Demonstration

- Independent:
  - Sitting,
  - Standing,
- Assisted:
  - Sitting,
  - Standing,
  - Full lift.



# Independent transfer

Remember:

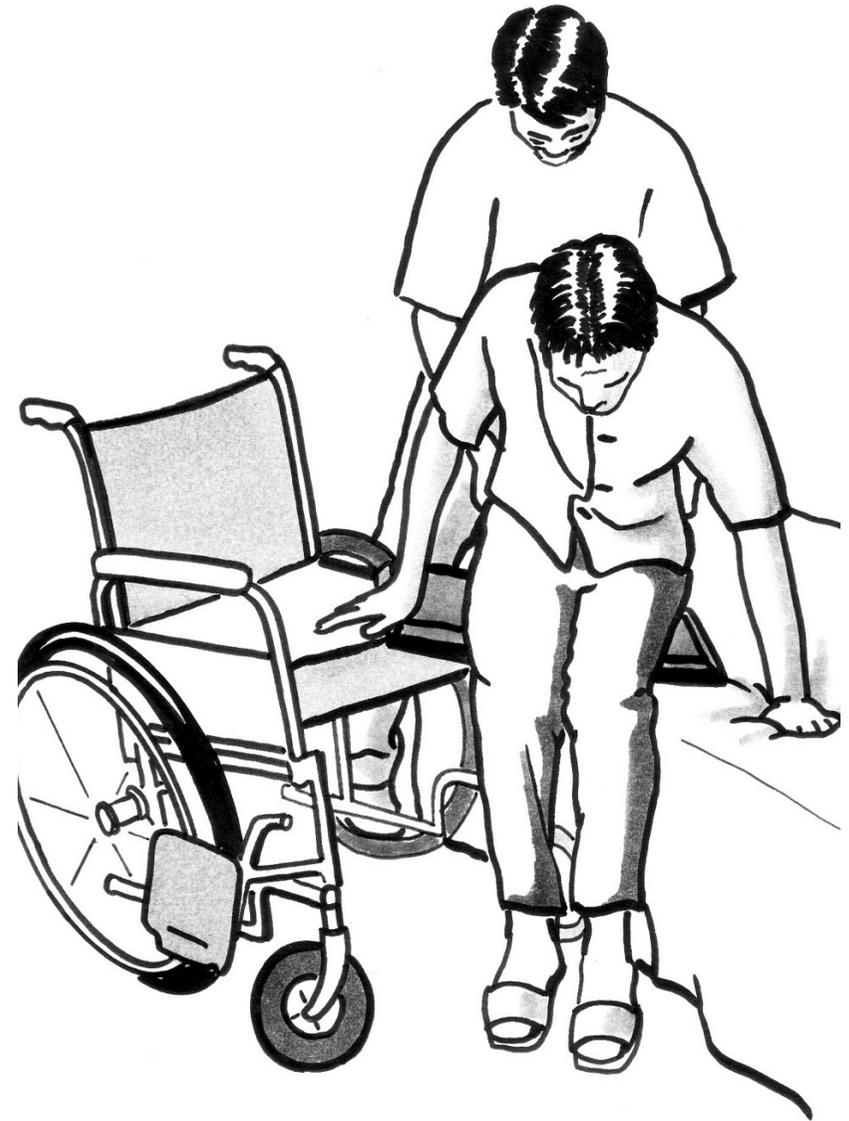
- Encourage the client to position the wheelchair close to the bed or chair.
- Ensure they put on their brakes.
- Check that the client does not drag or bump themselves while transferring.
- Consider teaching new techniques during User Training.



# Assisted transfer: sitting

## Remember:

- Agree on the method of transfer (with/without a board).
- Ask the client to do as much as they can to assist you.
- Consider asking the family to show you how they assist the client to transfer when at home.



# Transfers through lifting

**Keep safe and PLAN** what you are going to do.

- Agree with the client/family/assistants what kind of transfer is the safest,
- Move as close as possible to the surface you are transferring to,
- Clear away obstacles,
- Put on the brakes,
- Check that everyone who is helping knows what to do.

# Keeping safe while lifting

**CHECK** your posture:

- Are your feet stable?
- Is your lower back straight?
- Are your muscles braced?
- Do you need more assistance?

# Activity: Practice transfer techniques

A.8

# Bilateral amputees: Independent - chair to bed

1. Place the wheelchair facing the bed, with the front of the seat touching the mattress and put the brakes on.
  - If they have a transtibial amputation, they should lift the stumps up and onto the bed.
2. Lifting their body weight up with their arms, they should move slowly forwards out of the wheelchair and onto the bed
  - Ensure they lift, not push.
  - They can 'rock' their pelvis from side to side, and move one side forward at a time.



# Bilateral amputees: Independent – bed to chair

1. Place the wheelchair facing the bed, with the front of the seat touching the bed. Put the brakes on.
2. They should sit up, with their back towards the wheelchair:
  - If they have difficulty balancing, ask them to lean their upper body forward.
  - Support could be provided by placing your hands on their shoulders or back.



# Bilateral amputees: Independent – bed to chair

3. Lifting their body weight up with their arms, they should move slowly back towards the wheelchair.
  - Ensure they lift, not drag.
  - They can 'rock' their pelvis from side to side, and move one side back at a time.
4. Once they are close enough to the front of the wheelchair, they can hold onto the arm rests as they are lifting their body and moving slowly backwards.



# How to make a transfer board

- The can be made locally from wood or plywood.
- They should be thin, smooth and very strong.
- Suggested dimensions are:
  - 300mm wide
  - 600mm long
  - 20-25mm thick (depending on the strength of the material)
- Transfer boards can be straight or curved.
  - Curved transfer boards can help wheelchair users to transfer from wheelchairs with fixed arm rests.
- Paint or varnish the transfer board to ensure that it is smooth.

