

Safe Transfer Technique



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Transferring in and out of your wheelchair puts higher stress on your arms and shoulders than anything else you do on a regular basis. Learning the correct way to transfer is extremely important in order to keep your arms functioning and pain-free.

Get proper transfer training

- Everyone needs individualized transfer training to preserve function and avoid injury. Work with a physical therapist to learn the best transfer technique for you and your body.
- Your transfer technique may need to be readjusted as years go by. If you develop any problems or if your living circumstances (e.g. pregnancy) or activities change, go back to your therapist for advice.

Safe transfer rules and technique

- Frequency – Only transfer when necessary, keeping the number of transfers to a minimum.
- Transferring downhill is easier and, at modest height, safer than transferring uphill.
- Technique – Steps (These are general steps. Work with your therapist to fine tune them for you.):
 - Positioning/setup
 - Get as close as possible to the surface you want to move to.
 - Lock your wheels if transferring from a wheelchair.
 - Put your feet on floor (unless your therapist tells you not to).
 - Scoot to the edge of your chair.
 - Get your arm rest out of the way on the side next to the surface you are transferring to.



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Transfer Training Handouts

**United States. Congress. Senate.
Committee on Small Business**

Transfer Training Handouts:

Agricultural Development Workers Training Manual: Extension skills ,1982 **Resources in Education** ,1999-04 ... *Engineer Training Manual*. 1918. United States Army. Appendix No. 2. Instructions for the Use of Company and Regimental Forms, Including Paper Work Necessitated by the Creation of the National Army ... United States. Army. Corps of Engineers Board on Engineer Troops,1918 *The Training and Development Sourcebook* Craig Eric Schneier,1994 Included are 50 of the most important articles written by leading practitioners in the training field Also includes over 50 fully reproducible training tools and instruments that will save you valuable time in new program development and delivery

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