

How to Transfer a Patient from Bed to Chair/Wheelchair

Important: This handout is for informational purposes only and is not intended as a substitute for official clinical training. Consult with your physician about any physical limitations you may have before performing patient care. If you have any questions, please contact us by calling 336.889.8446.

Step 1: Place the chair, wheelchair or bedside commode beside the bed facing the head of the bed. Make sure that the chair wheels are locked and that footrests are raised.

Step 2: Adjust the bed height so that it is just above the chair height.

Step 3: Raise the head of the bed and allow the patient to briefly rest.

Step 4: Ask the patient to grab the handrail and assist the patient to the dangling position. Allow patient to rest, if needed.

Step 5: Tell the patient to move forward toward the edge of the bed and, if possible, to place their feet flat on the floor.

Step 6: Stand in front of the patient, blocking their toes with your feet and their knees with your knees.

Step 7: Ask the patient to “give you a hug.” Flex your knees slightly and place your arms around the patient’s back.

Step 8: Tell the patient you will stand on the “count of 3” and ask them to support as much weight as possible.

Step 9: Count “1, 2, 3.” On 3, straighten your knees and hips, raising the patient as you straighten your body.

Step 10: Pivot toward the chair, keeping your knees next to the patient’s knees.

Step 11: Make sure the back of the patient’s legs are touching the chair.

Step 12: Tell the patient to grasp the farthest armrest of the chair with the closest hand.

Step 13: Help them lower into the chair by flexing your hips and knees but not your back.

Step 14: Have them reach back and grasp the other chair armrest.

Step 15: Place the patient’s feet flat on the floor or footrests, pointed straight ahead.