

# How to Transfer a Patient from Wheelchair to Chair

**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.

Instructions for assisting a patient who **is not able** to support their own weight.

**Step 1:** Place the wheelchair beside the chair.

**Step 2:** Make sure chair wheels are locked and footrests are raised.

**Step 3:** Tell patient to move forward toward the front of the wheelchair.

**Step 4:** Ask the patient to place their feet flat on the floor.

**Step 5:** Ask the patient to “give you a hug.” Flex your knees slightly and place your arms around the patient’s back.

**Step 6:** Tell the patient you will stand on the “count of 3” and ask them to support as much of their own weight as possible.

**Step 7:** Count “1, 2, 3.” On 3, straighten your knees and hips, raising the patient as you straighten your body.

**Step 8:** Pivot toward the chair, keeping your knees close to the patient’s knees. Make sure the back of the patient’s legs are touching the chair.

**Step 9:** Tell the patient to grasp the farthest armrest of the chair with the closest hand.

**Step 10:** Help them lower into the chair by flexing your hips and knees, but not your back.

**Step 11:** Have the patient reach back and grasp the other chair armrest.