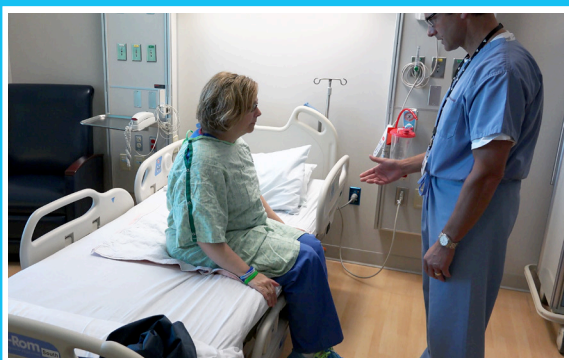
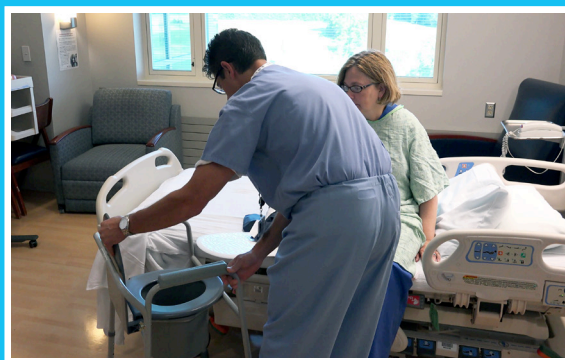




Sit to Sit Transfer with Seated Slide Board - One Slide Sheet, One Caregiver



Begin with patient well balanced, sitting at bedside with feet firmly planted on floor and wearing proper footwear.



Position bedside commode touching bed at an angle next to patient.



Prompt patient to lean away from commode, tuck folded slide sheet under patient's posterior thigh and buttocks. Keep slide sheet away from the edge of bed.



Tuck slide board under the patient's posterior thigh on the leading leg. The slide board should be completely under the leading leg.



With the other end of the slide board positioned toward the center of the commode, prompt patient to scoot onto the new surface, placing hands on armrest of commode to help guide.



Remove slide sheet and slide board when mobilization task is complete.

