



# Sit to Sit Transfer - One Slide Sheet, One Caregiver



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



Position wheelchair or commode touching bed next to patient, remove near arm and leg rests and lock brakes.



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



Prompt patient to scoot onto the new surface, placing hands on armrest of chair and bedding to help guide.



Reposition arm rest and make sure patient is seated in an erect and comfortable position.



Remove slide sheet when mobilization task is complete.

