

Transfer: Wheelchair to Toilet



If your loved one will use a wheelchair, you need to know about transfers. For safety's sake, learn how to help them in and out of the wheelchair. One basic method is shown here.

Step 1. Stand the person up:



- Bring the wheelchair near the toilet.
- Lock the wheelchair and remove its footrests.
- Be sure the person's feet are under their body.
- Grasp the back of their belt or pants and lift.

Step 2. Move them onto the toilet:



- Tell the person what you are doing so that they are ready for the move.
- Keep the person's weaker knee between your legs.
- Pivot the person around in front of the toilet. Always transfer toward the person's stronger side.
- Gently sit them down on the toilet.
- Help them adjust their clothing.

- Never pull on the person's weaker arm or lift them by the armpits.

Important safety tips

Lifting a person can be hard on your back. To reduce the risk of a back injury, remember to do the following:

- Organize the steps in your head before you start.
- Explain the steps of the move and ask the person to tell you when they are ready to transfer.
- Keep the person close to you.
- Keep your knees bent and your back straight.
- Use a transfer belt to provide a firm hold, rather than clasping your hands behind the person's back.
- Get help when you need it.
- Ask to practice with supervision.

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