



## Be Prepared to Keep a safe Body Position

**BACK STRAIGHT  
CHEST OUT  
SHOULDERS LEVEL  
& SQUARED BACK**

**SPARE YOUR BACK!  
BEND AT HIPS & KNEES  
USE YOUR LEGS**

**KEEP KNEES BEHIND TOES  
STAND WITH A WIDE STANCE**

## Empower the Participant

Always let the participant do as much as they are able. You can ask:

- Would you like any help?
- How do you usually transfer?
- Can you lean against me?

Be Respectful by talking to the participant directly, even if they can't respond. Let them know what you are going to do **BEFORE** you do it. You can say:

- I am going to lift now
- Do you have any preferences during transferring?
- Are you ready?

**IF YOU DON'T FEEL COMFORTABLE OR SAFE, ASK FOR HELP!**

## You can practice transfers at home!

**Ask your roommate, friend, parent, or significant other to help you practice**

- It might be helpful to first explain AccesSurf
- Ask if they can help

*"I'm learning how to safely transfer a person who needs help getting from their wheel chair to a beach chair, would you mind helping me practice?"*

- Have them position themselves to prepare for transfer  
*"Go ahead and sit here....., pretend you are very weak and I'll guide you through what to do"*

## Transfer Basics

**START HERE!**

**THINGS TO  
CONSIDER BEFORE  
ANY TRANSFER:**

### Surroundings

- Wheelchair is locked; handrails and/or foot rests are removed if they will be a barrier
- Prepare for hazards on floor; uneven ground, slippery surfaces
- Distance between transfer spaces is small; wheelchair is close to water chair

### Self Safety

**POSSIBLE HAZARDS ON YOUR BODY**

- Baggy clothing and jewelry that may get caught
- Shoes that may cause you to trip
- Past or current injuries