Key Steps — Transfer-board move — bed to wheelchair

Demonstrated by Finding Your Feet with NHS Greater Glasgow and Clyde. A board transfer suits a patient with good upper-body strength and sitting balance who cannot stand.

- ☐ 1. Assess the patient and have help available; explain each stage before you begin.
- ☐ 2. Position the wheelchair close beside the bed at a slight angle, on the side the patient will move toward, and lock both sets of brakes.
- ☐ 3. Remove or swing away the wheelchair's armrest and footrests on the transfer side.
- ☐ 4. Sit the patient on the edge of the bed with feet supported, and help them lean slightly away from the chair.
- ☐ 5. Slide one end of the transfer board under the patient's thigh and rest the other end securely on the wheelchair seat, making a flat bridge with no gap.
- ☐ 6. The patient places their hands flat — one on the bed, one on the board or chair seat — keeping fingers clear of the gap between board and seat.
- ☐ 7. In a series of small lifts and shuffles, the patient moves across the board toward the chair while you guard from the front, supporting the trunk or legs as needed.
- ☐ 8. Pause halfway to check position and balance before continuing.
- ☐ 9. Once fully across, help the patient sit upright and centred on the chair seat.
- ☐ 10. Remove the board, replace the armrest and footrests, position the feet, check comfort, and document the transfer.

Watch the demonstration: medicalvideos.com/watch/bed-to-wheelchair-with-board-finding-your-feet-and-nhs-scotland_DHQ6U4DOafjbNOM.html • More Patient Care & Mobility skills: medicalvideos.com/nursing/patient-care-mobility.html

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Steps summarise this demonstration for education and do not replace your institution's protocol, which always governs. Content reviewed by Dr. Mohamed Ibrahim, MD, PhD — physician-scientist. October 2026.