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 your loved one in and out of the wheelchair. One basic method is shown here.

1 Stand the person up:
   - Lock the wheelchair.
   - Be sure the person’s feet are under his or her body.
   - Grasp the back of a belt or pants and lift.

2 Move them onto the toilet:
   - 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 the patient down onto the toilet.
   - Help the patient adjust his or her clothing.
   - Never pull on the person’s weaker arm or lift the person 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 move.
   - 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