

Slider Board Transfers

Safe Work Procedure

Issue Date: August 20, 2026 **Last Review Date:** _____ **Reviewed By:** _____

Risk Factors: A slider board is a helpful device to assist with client transfers for appropriate clients. High attention to appropriate equipment setup and client criteria is needed to ensure safe transfers using a slider board.

Equipment Needed: Slider board, wheelchair and transfer belt (if hands-on support needed).

Client Abilities:



1. Upper Body and Core Strength

- **Arm strength:** Able to push down with their hands to lift their hips off the bed.
- **Core stability:** Enough sitting balance to remain upright during the transfer.
- **Weight shift:** Able to shift their weight from side to side safely and remain balanced.

2. Balance and Posture

- **Sitting balance:** Able to sit on the edge of the bed without leaning over or tipping.
- **Trunk control:** Able to hold their upper body steady during the transfer.

3. Cognitive and Mental Ability

- **Follow directions:** They must understand and follow simple instructions during the move.
- **Cooperation:** They need to be able to actively participate in the transfer cooperatively and be predictable.
- **Memory:** Able to remember how to do the steps for the transfer safely each time.

Procedure:

1. Wheelchair and bed preparation

- Position the wheelchair close to the side of the bed at a 30 to 45-degree angle to the bed.
- Lock both wheelchair brakes firmly.
- Remove or flip back the wheelchair's armrest on the side closest to the bed.
- Swing away or take off the wheelchair footrests to prevent tripping or obstruction during the transfer.
- Adjust the bed height so the bed surface and the wheelchair seat are as level as possible, or there is a slight declining slope toward the wheelchair.



2. Positioning the slider board

- Client positions in a seated position at the side of the bed.
- Cue the client to weight shift their upper body so that they lean to the side to allow for the placement of one end of the slider board under them.
- Slide one end of the slider board under the client's thigh and buttocks that is closest to the wheelchair. Ensure the slider board is well-supported on soft tissue rather than catching the client's skin. If the slider board has grips on one side, face them down.
- Position the other end of the slider board flat on the wheelchair's seat. Ensure the board does not wobble and rests clear of the large rear wheelchair wheel.

3. Complete the transfer

- Cue the client to position their hand on the wheelchair armrest to assist with stability during the transfer.
- Client moves across the slider board between surfaces.
- If the client requires hands on assistance for guidance or stabilization, position a transfer belt on their hips.



4. Remove the slider board

- Cue the client to weight shift their upper body so that they lean in the wheelchair away from the bed.
- Remove the end of the slider board from under their thigh/buttocks that are raised and remove it from the wheelchair's seat. Be mindful of the client skin when removing the board.
- Place the slider board in its storage place.

5. Leave the client in a safe position

- If a transfer belt was used, remove it from the client.
- Position the wheelchair armrest back on the wheelchair securely.
- Ensure the wheelchair's positioning/safety belt is applied around the client's hips.
- Position the wheelchair footrests and assist the client to position their feet on footrest, as needed.