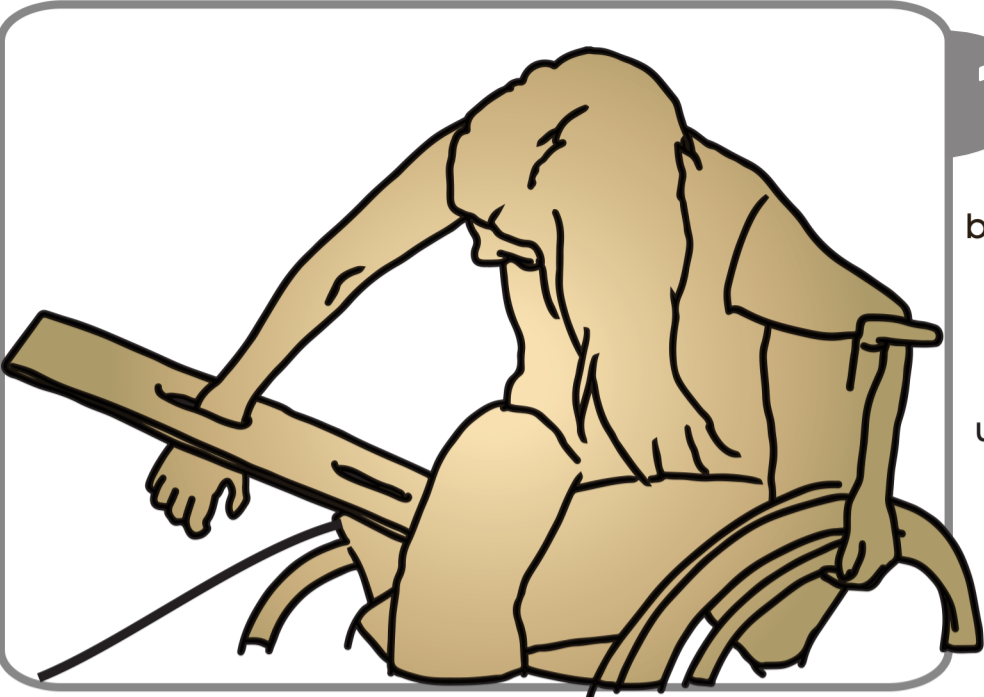


TRANSFERS

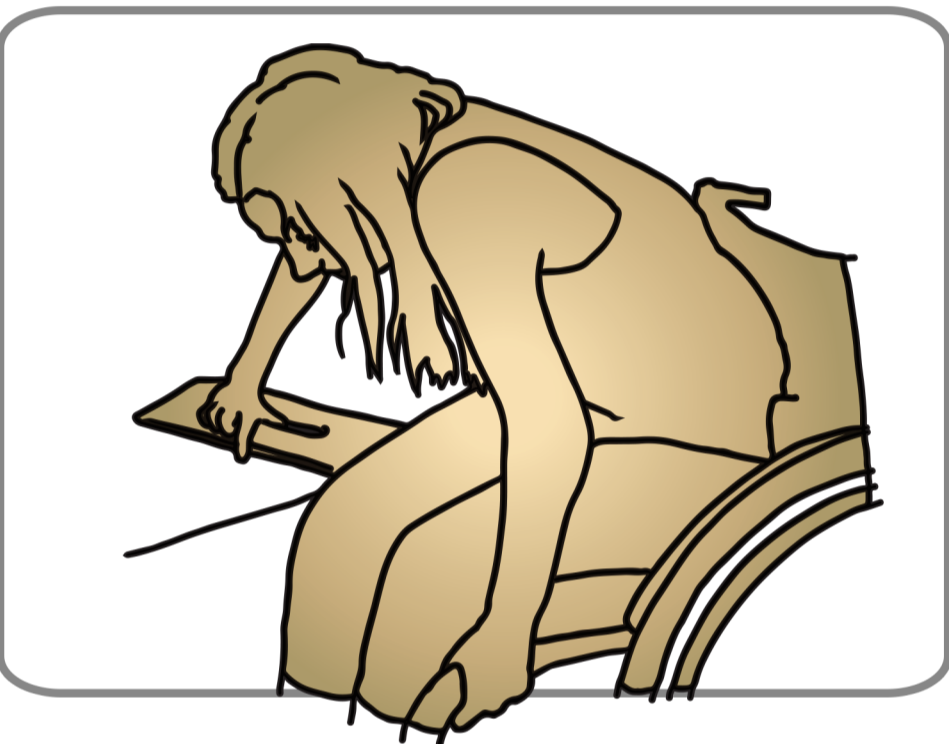
FROM WHEELCHAIR TO BED



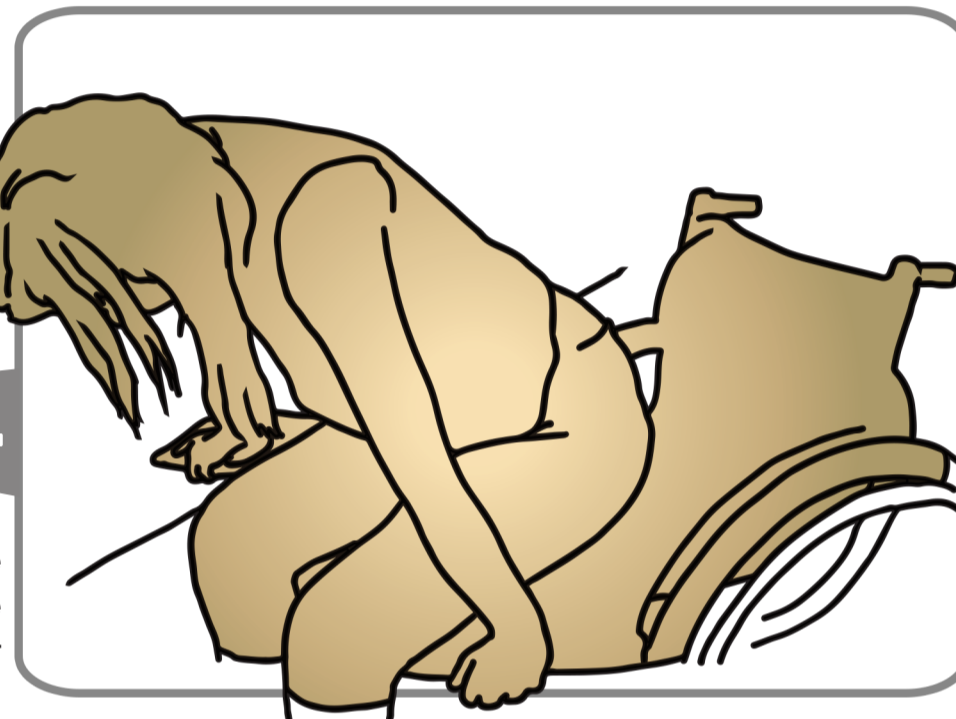
1 place board between chair and bed



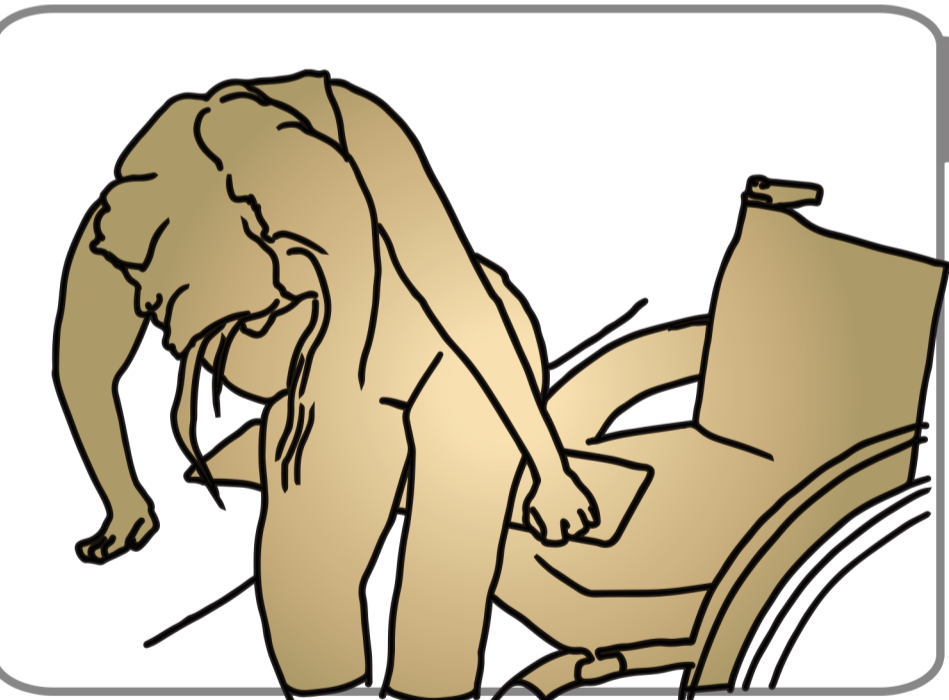
2 use thumb to adjust board



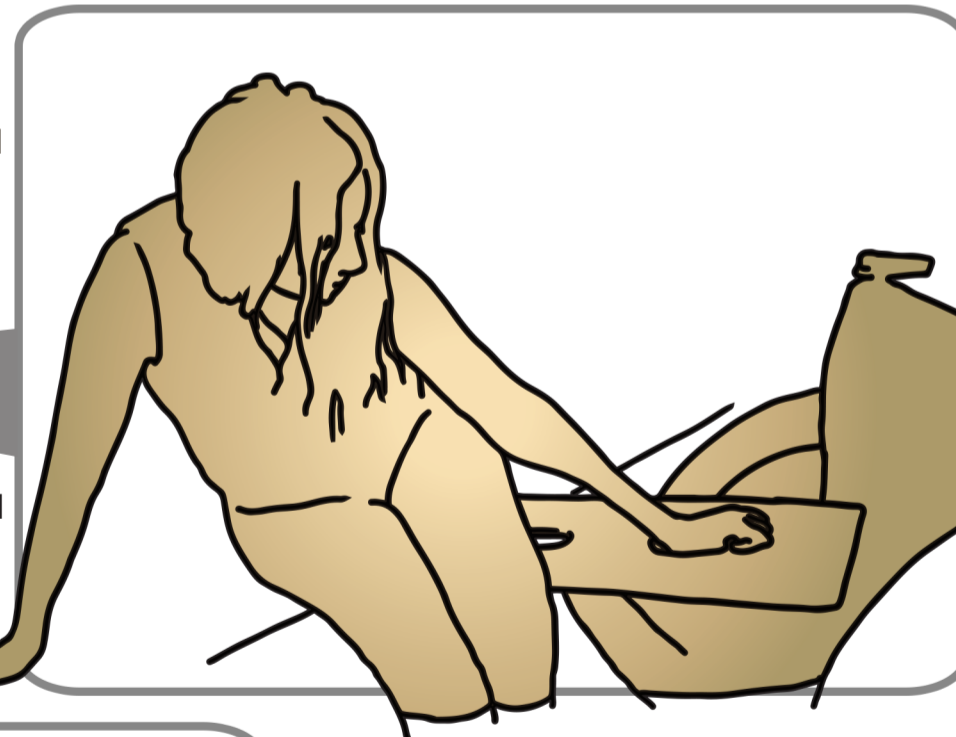
3 prepare to take weight on arms



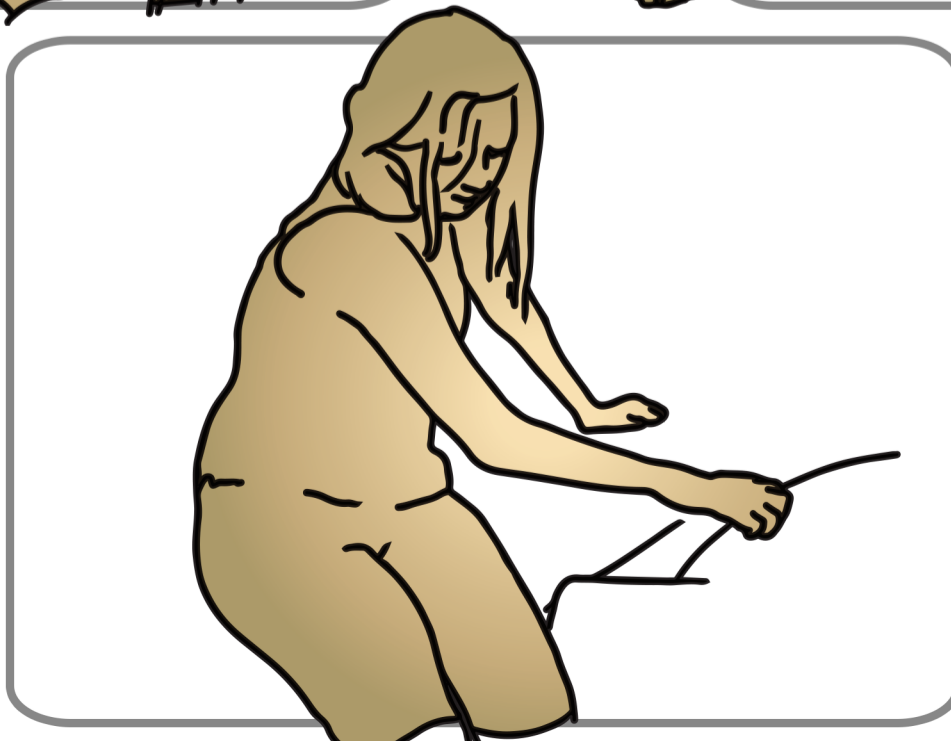
4 bend forward and lift body weight to balance directly above feet



5 gently swivel hips to other end of board



6 move hips onto bed and push away board



7 push away chair, until needed again!