



HANDOUT-ABLE: Tips for Safe Sit to Stand Transfers

Performing the transfer from a wheelchair or chair to a standing position involves many steps. There is a lot to keep in mind when performing this action. These are the safety tips to keep in mind. These recommendations should be made within the context of physical therapy and occupational therapy details/input.

- **Check to see that the brakes are locked.**

Special Considerations for you on this step: _____

- **Scoot to the edge of the seat.**

Special Considerations for you on this step: _____

- **Tuck your feet in.**

Special Considerations for you on this step: _____

- **Lean your trunk forward.**

Special Considerations for you on this step: _____

- **Put both hands on arm rests.**

Special Considerations for you on this step: _____

- **Push arms down to prepare to rise to stand.**

Special Considerations for you on this step: _____

- **Then, actively stand up, with “Nose Over Toes.”**

Special Considerations for you on this step: _____

- **Then, touch the walker, once you have stood up.**

Special Considerations for you on this step: _____