Follow these steps to safely assist someone to get up and down from bed and into or out of a chair or wheelchair using the sit to stand and stand pivot transfer method.

1. Position the wheelchair next to the bed with the wheels against the bed frame or chair. Lock the brakes. Apply the gait belt.

2. Assist the person to move forward in the wheelchair. Position her feet flat on the floor with the feet apart.

3. Position yourself in front of or to one side of the person and brace her knee(s) with your knee(s). Tell her to rock forward to get “nose over toes.” Keep your back straight and knees bent.

4. Tell the person to push with both arms and legs to stand. Assist as needed with the gait belt. Have the person stand briefly before pivoting.

5. Pivot to the chair or bed. Have the person reach back for the bed or chair arms while you help lower him/her to sitting.