



ADVICE

Falls Prevention Tips Number Three

A guide to safe transfers on/off chairs and beds

- Your footwear should be non-slip and fit well
- Take a deep breath and take your time when getting up to avoid dizziness
- Tense your arm and leg muscles a few times before moving, to increase your circulation and prevent dizziness when standing.

Standing up from a chair

- ▶ Ideally your chair should have armrests
- ▶ If you use a walking frame, place it in front of the chair about an arm's distance away. Do not use the walking aid to pull yourself up.
- ▶ Shuffle your bottom to the front of the seat
- ▶ Place your feet back near the base of the chair, feet slightly apart and one foot slightly in front of the other.
- ▶ Lean forward: 'nose over toes'
- ▶ Place hands on armrests and push down on the chair to stand. If you use stick/s, hold it/them and the chair arms.
- ▶ When using a walking frame, transfer one hand from the chair to the frame first, then the other.
- ▶ Steady yourself before you move away

Sitting down in a chair

- ▶ Step fully around and with one foot behind the other, feel the edges of the chair on the back of your legs. If you use a walking frame or stick/s, use it/them to step fully around.
- ▶ Bend at the hips and feel for the arms of the chair
- ▶ If you use stick/s, hold it/them and the chair arms.
- ▶ If you use a walking frame place one hand back on the arm of the chair, then the other.
- ▶ Gently lower yourself, pushing your bottom right to the back of the chair.
- ▶ Once seated, raise your shoulders and then relax for greater comfort.

Getting into bed

- ▶ Follow the method for sitting down in a chair but make sure you are near to the pillows
- ▶ Move yourself back towards the middle of the bed by rocking from side to side
- ▶ Bring your legs up onto the bed
- ▶ Gently lower yourself into a lying position

Getting out of bed

- ▶ Lie on your side facing the direction you wish to get out from
- ▶ Lay your outside arm over your body
- ▶ Gently allow legs to slide out of the bed towards the floor
- ▶ Use your outside arm to assist in pushing yourself up into a sitting position
- ▶ Whilst sitting, move towards the edge of the bed and follow the instructions for standing up

For advice and information on specialist equipment contact:

Disability Resource Centre: 01582 470900

SEPT One Call: 03456 024064

Further information

For more information about how to avoid a fall, go to: www.ageuk.org.uk and search Staying Steady.

If you have any concerns or need advice about accessing NHS services, you can enquire in confidence on 01525 864405 or enquiries@bedfordshireccg.nhs.uk.

Leaflets available in this series:

1. A guide to what to do if you have a fall
2. A guide to safe footwear
3. A guide to safe transfers on/off chairs and bed
4. A guide to the safe use of walking aids
5. A guide to the safe use of wheelchairs
6. A guide to reducing the risk of falls due to medication
7. A guide to diet and nutrition
8. A guide to keeping warm

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