**Transfers:**

- adjust height of bed/chair appropriate for the patient
  - lower chairs are more difficult to rise from

- ensure appropriate footwear is worn

- move patient forward on bed/chair to ensure feet are on the ground
  before standing

- ensure that the patient and others assisting with the transfer, understand
  the instructions and sequence of movement

- ensure brakes on beds and wheelchairs are locked on and working

- to enable wheelchair closer access swing footplates away

- use two (2) people to assist whenever unsure of level of assistance
  required
Mobility:

- clear path of progress before patient mobilises
- ensure patient is fully aware of destination
- ensure appropriate footwear is worn
- ensure correct gait aid is used and appropriate level of assistance is provided
- provide clear instructions regarding gait aid and foot placement
- ensure patient is able to mobilise the required distance