



A proposal for how to transfer a passenger with reduced mobility from an aisle chair to a window seat by two caregivers

TOMITAGAWA Satoshi

/ Nihon Fukushi University /

TSUJIMURA Hiroji, KITAHARA Teruyo

/ Shiga University of Medical Science /

Japan Aerospace Exploration Agency



Note when using this assistance method

Passengers with reduced mobility for whom this method is applicable

- Individuals who cannot perform smoothly or completely at least one of the following actions in transferring to the window seat: standing up, maintaining standing position, changing direction, sitting down.
- Individuals who can maintain a sitting position and tilt their body trunk forward.



Individuals considered difficult to use this method:

- Sole of the foot not touching the floor
- Involuntary movements observed
- Greater backward bending of the trunk
- Uncooperative with caregiver explanations and requests for help
- Moving completely different from that requested by the caregiver, etc.

- Environmental conditions: Armrests of cabin seats and arm supports of aisle chairs must be capable of being raised.
- Recommended seats: Seats with ample legroom.

When assisting, stabilize the posture by spreading the legs appropriately and lowering the center of gravity. In addition, be careful not to lean forward, twist at the waist, or bend backward excessively!

Transfer Aids used in this assistance method



Sliding Board (SB)

A board with a slippery surface and an anti-slip treatment on the backside.

This board is inserted and placed under the passenger's buttocks to reduce friction with the seat, making it easier to transfer.

They come in a variety of shapes and sizes.



Transfer Belt for Hips

This belt is used by placing it around the passenger's hips and pulling.

This belt acts as if the caregiver's hands are outstretched, allowing the caregiver to assist the passenger without being in close contact and without leaning forward.



Sheet



Mat (tubular)

Sliding Sheet, Sliding Mat

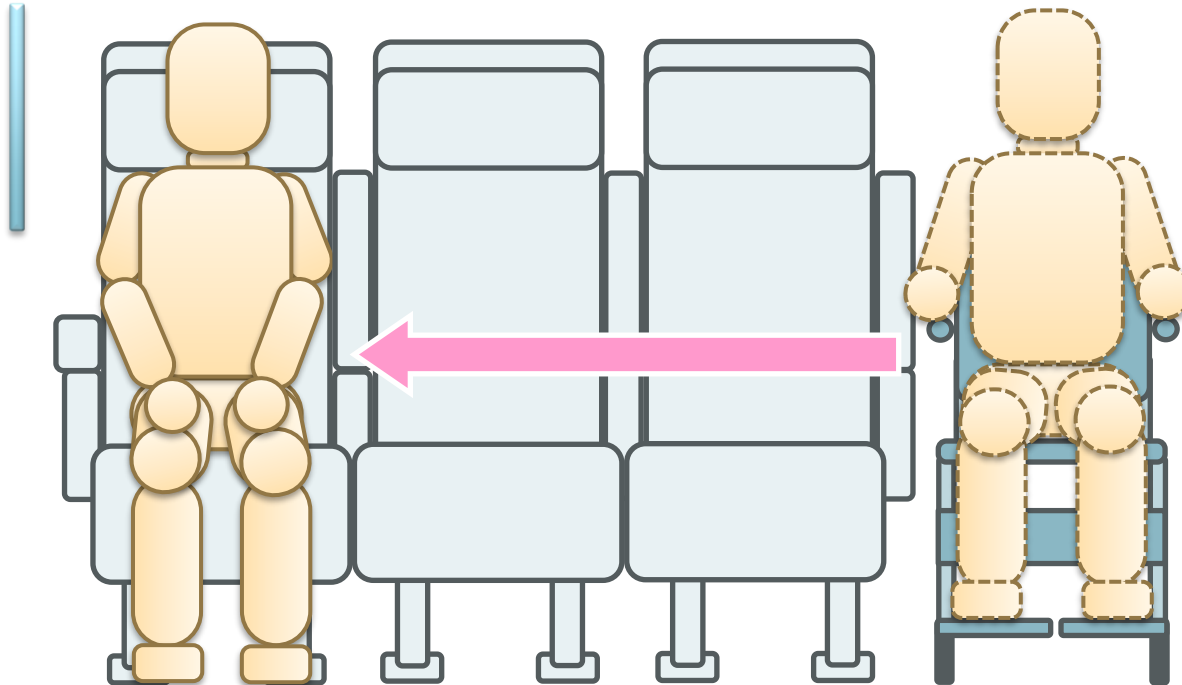
A durable cloth with a slippery surface on both sides.

These are inserted and placed under the passenger's buttocks to reduce friction with the seat, making it easier to transfer. Sliding sheets are generally used in a half-folded condition.

They come in a variety of shapes and sizes.

How to transfer from an aisle chair to a window seat

Transfer aids reduce the physical burden on the passenger and caregiver by eliminating the need to lift the passenger up and avoiding burdensome postures. Two caregivers are assumed.

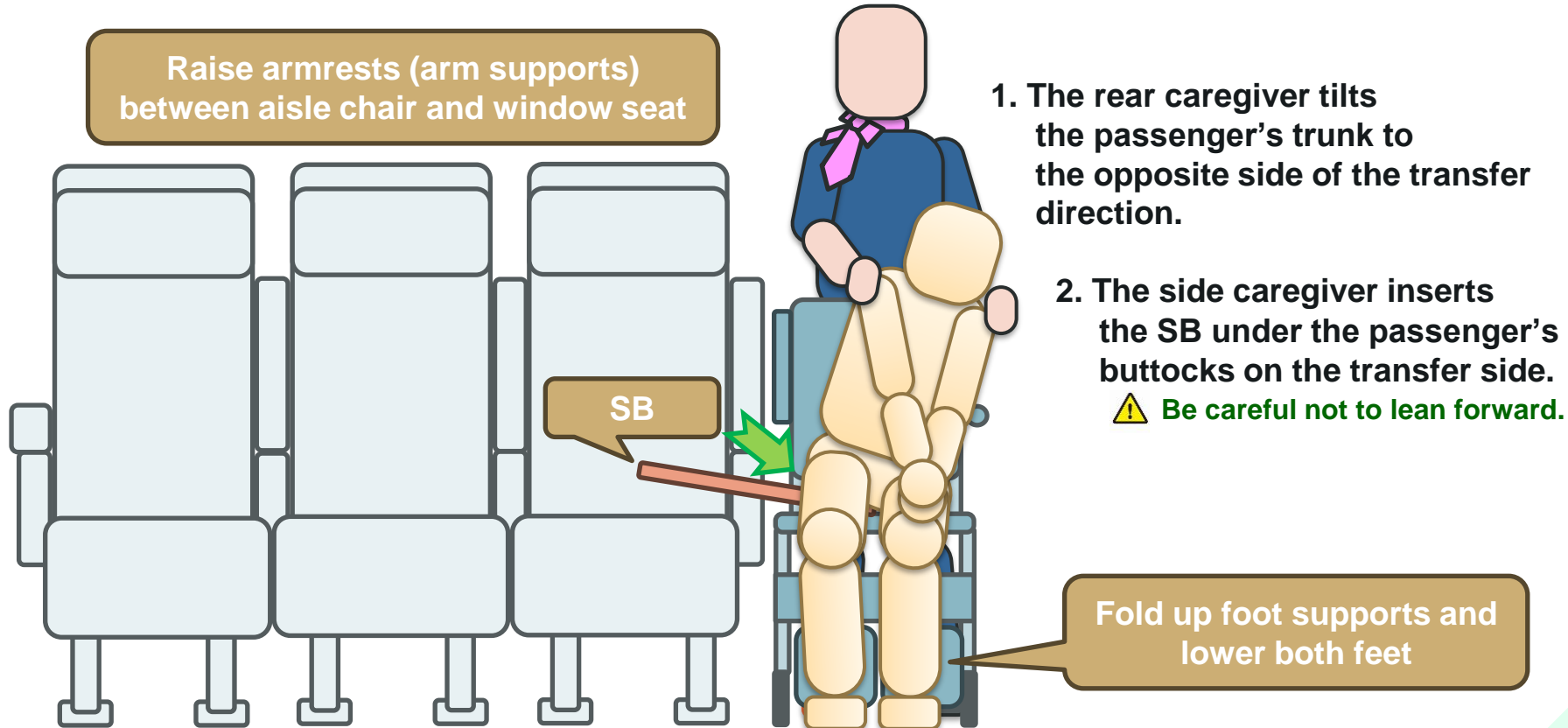


Transfer Aids

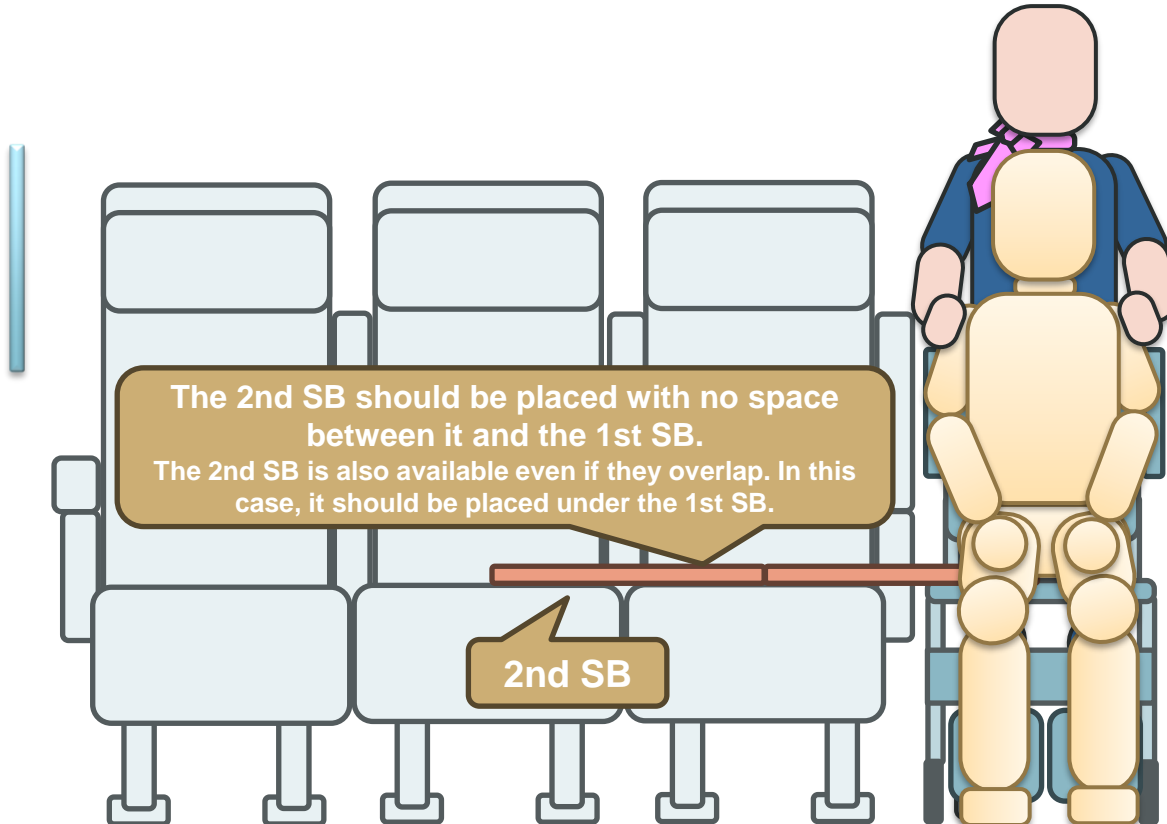



Sliding Board (SB): M size
(width \approx 30cm, Length \approx 60cm)
 \times 2

1. Insert the SB under the passenger's buttocks

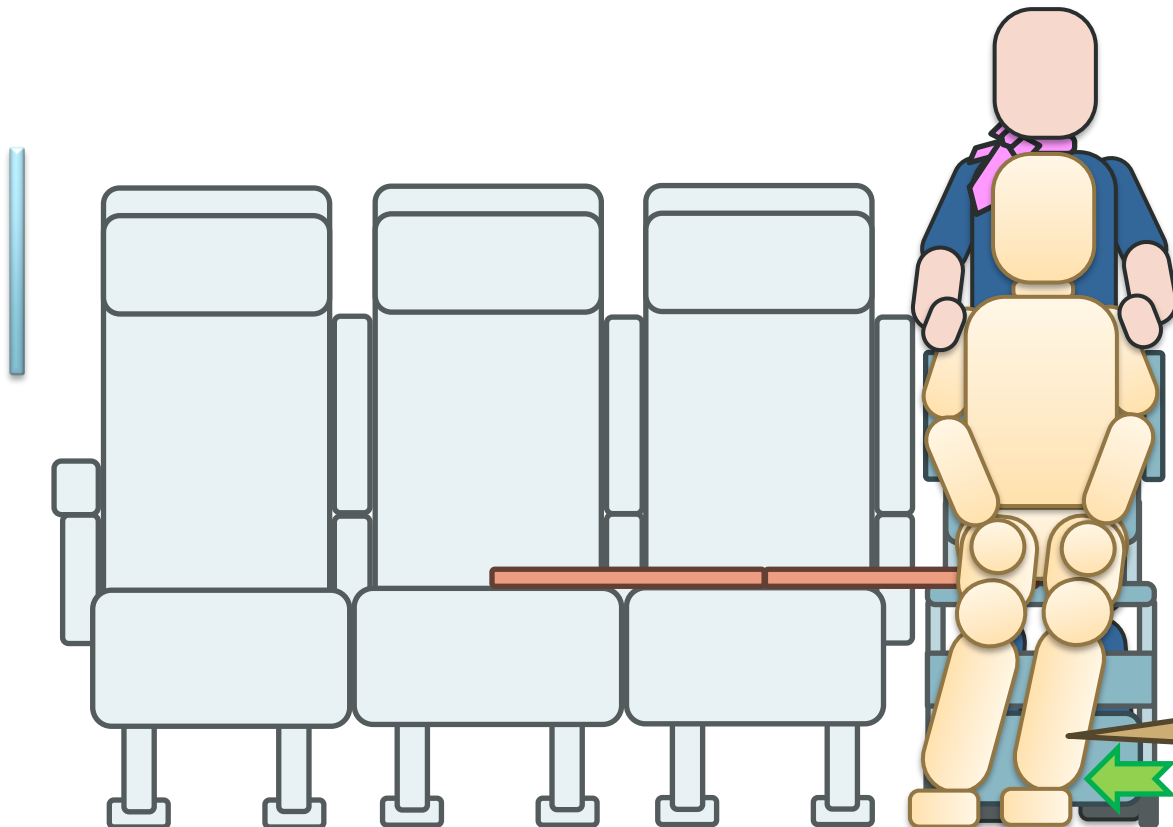


2. Place another SB between the aisle and middle seats



1. The rear caregiver returns the passenger's trunk to an upright position.
2. The side caregiver places the SB between the aisle and middle seats.
 **Be careful not to lean forward.**

3. Move both lower limbs of the passenger half a step in the transfer direction



1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.

2. The side caregiver moves both lower limbs of the passenger half a step in the direction of transfer.

⚠ Be careful not to lean forward.

Move half a step in the transfer direction.
If the passenger can move their legs, ask them to move on their own.

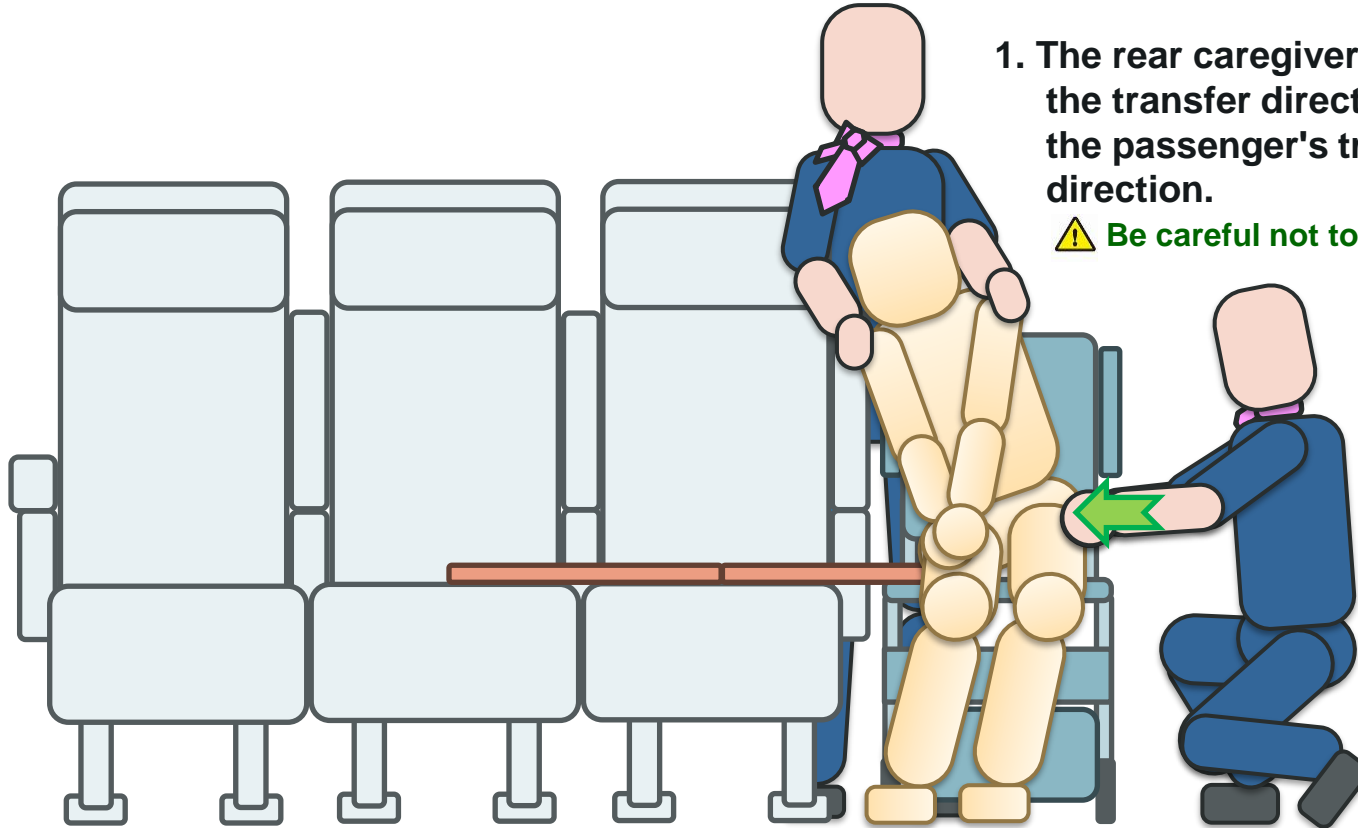
4. Push the passenger's hip (center of gravity) in the transfer direction

1. The rear caregiver moves a half step in the transfer direction and tilts the passenger's trunk in the transfer direction.

⚠ Be careful not to twist at the waist.

2. The side caregiver pushes the passenger's hip (center of gravity) in the transfer direction.

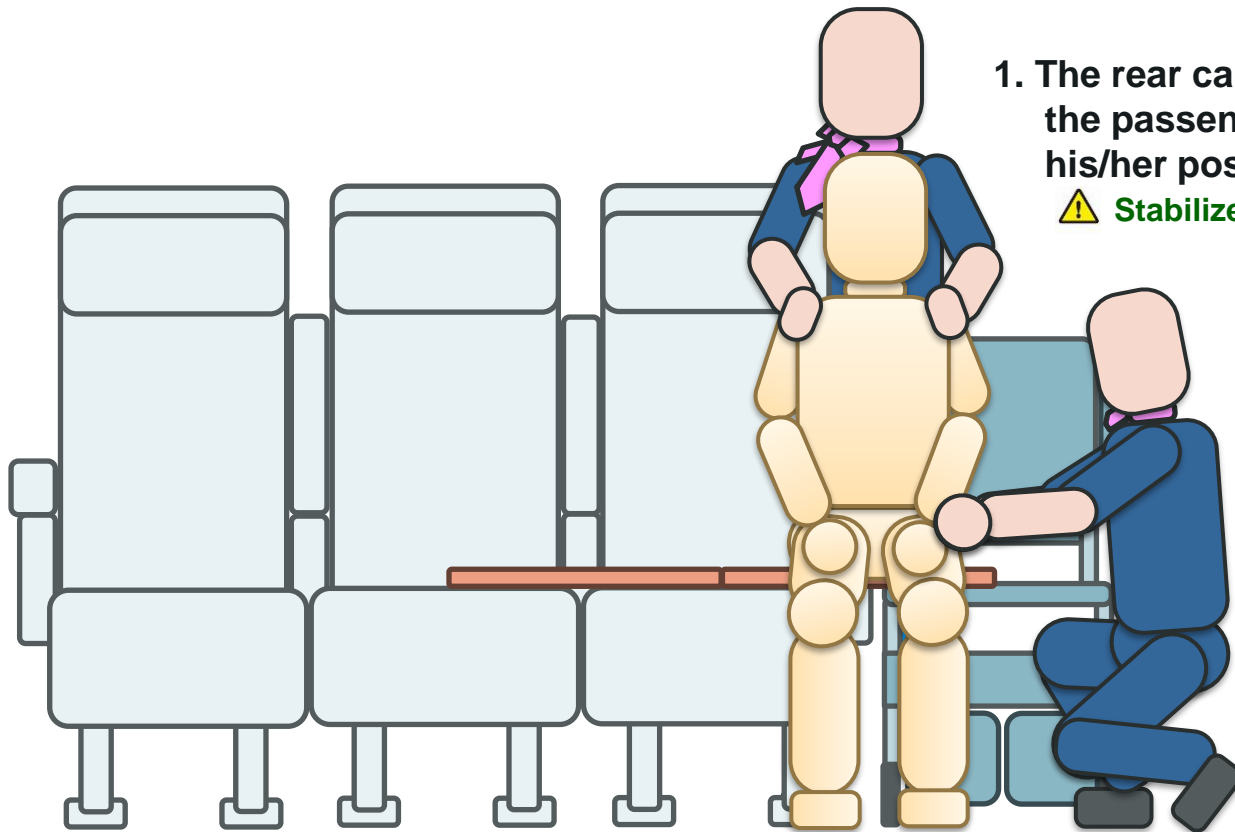
⚠ Be careful not to lean forward.



5. Stabilize the posture of the passenger and caregivers

1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.



2. The side caregiver closes the distance to the passenger and stabilizes his/her own posture.

6. Move both lower limbs of the passenger half a step in the transfer direction

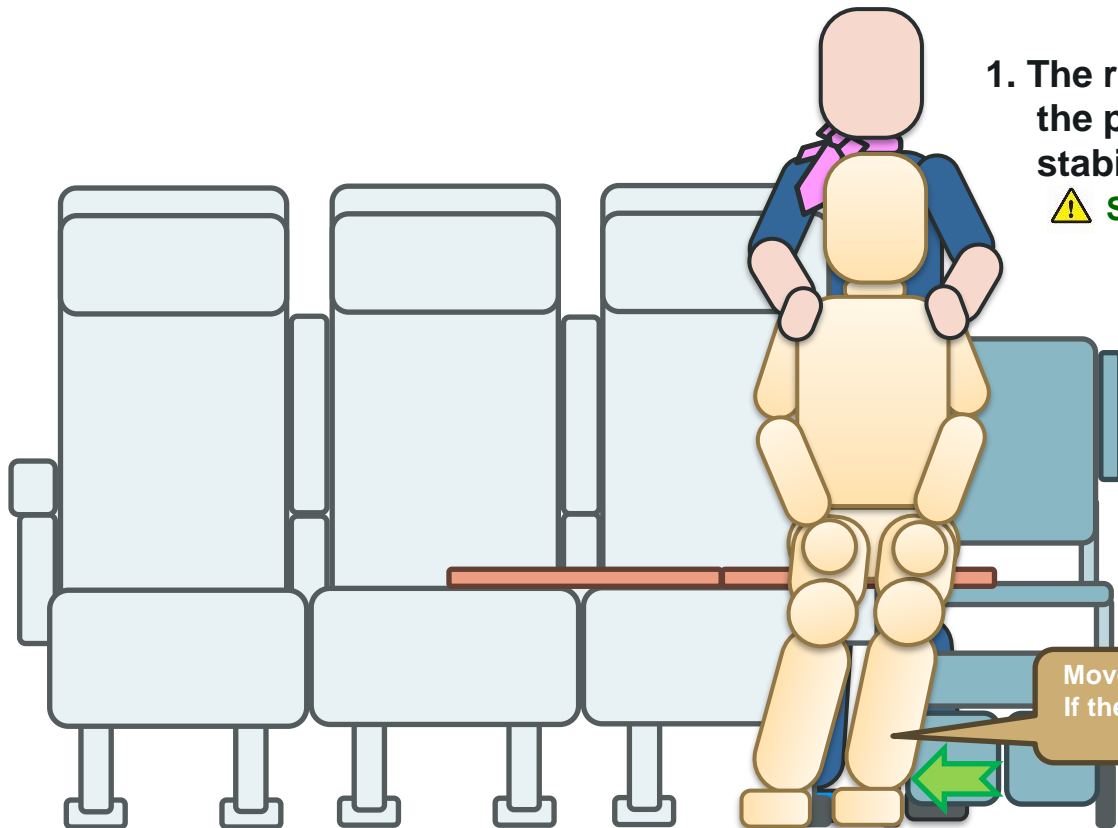
1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.

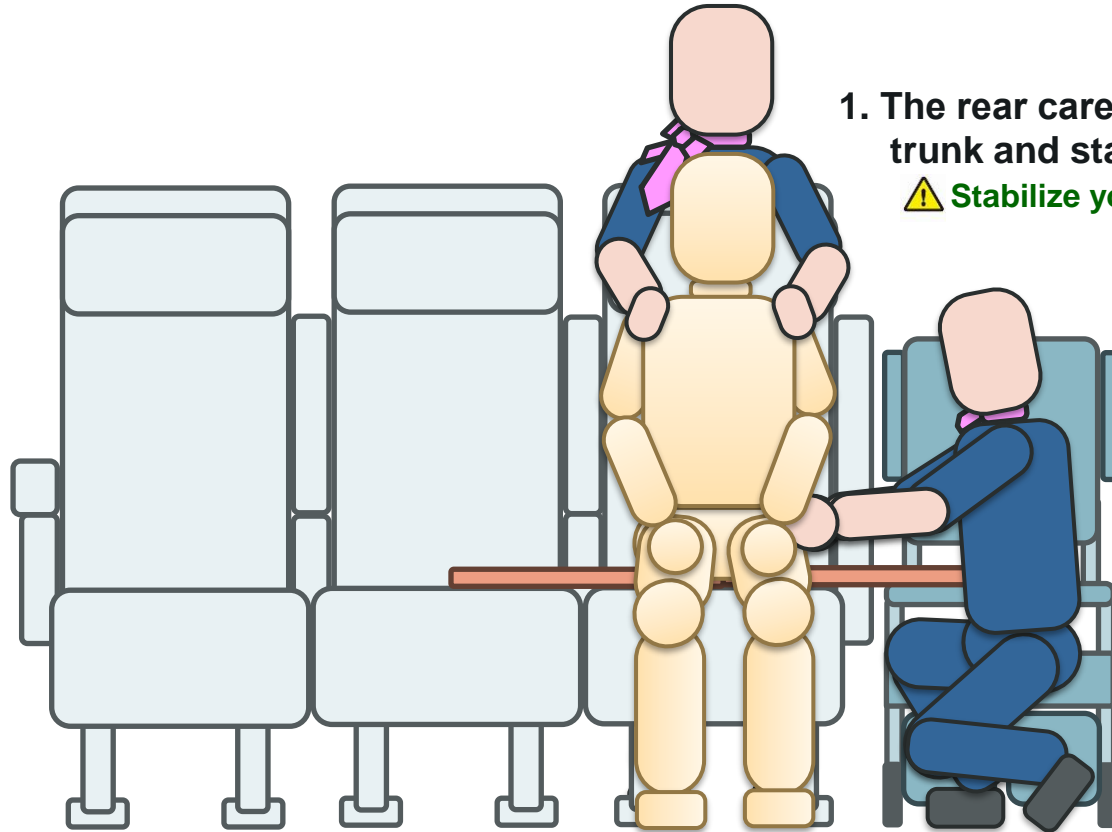
2. The side caregiver moves both lower limbs of the passenger half a step in the direction of transfer.

⚠ Be careful not to lean forward.

Move half a step in the transfer direction.
If the passenger can move their legs, ask them to move on their own.



7. Repeat steps 3. through 5. until the transfer to the aisle seat is complete



1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.

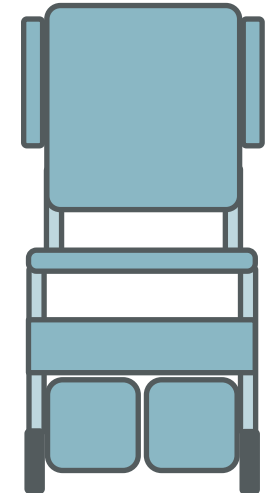
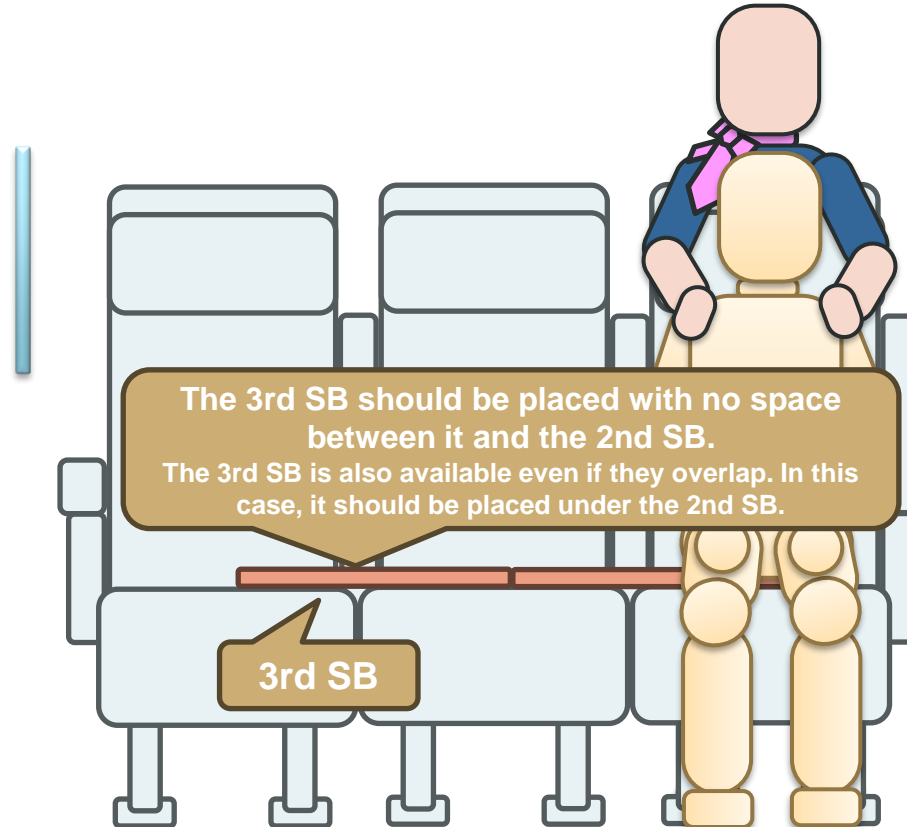
2. The side caregiver closes the distance to the passenger and stabilizes his/her own posture while avoiding leaning forward.

8. Remove the SB and the aisle chair and place the SB between the middle and window seats

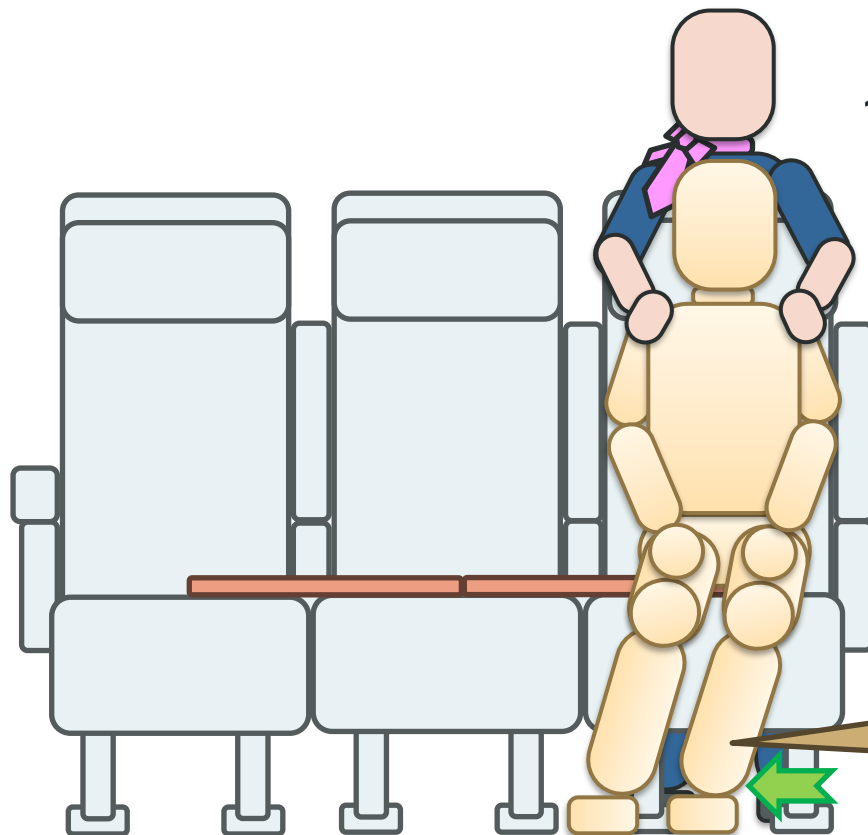
1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ **Stabilize your posture as well.**

2. The side caregiver removes the SB and the aisle chair, and places the SB between the middle and window seats.



9. Move both lower limbs of the passenger half a step in the transfer direction



1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.

2. The side caregiver moves both lower limbs of the passenger half a step in the direction of transfer.

⚠ Be careful not to lean forward.

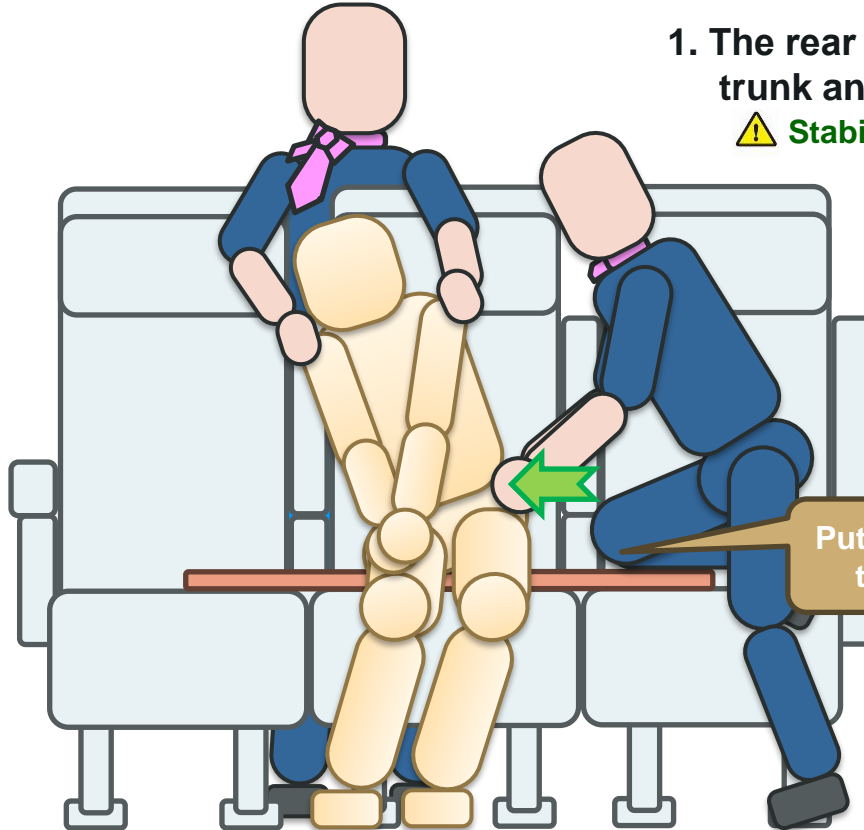
Move half a step in the transfer direction.
If the passenger can move their legs, ask them to move on their own.

10. Repeat steps 3. through 5. until the transfer to the window seat is complete

1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

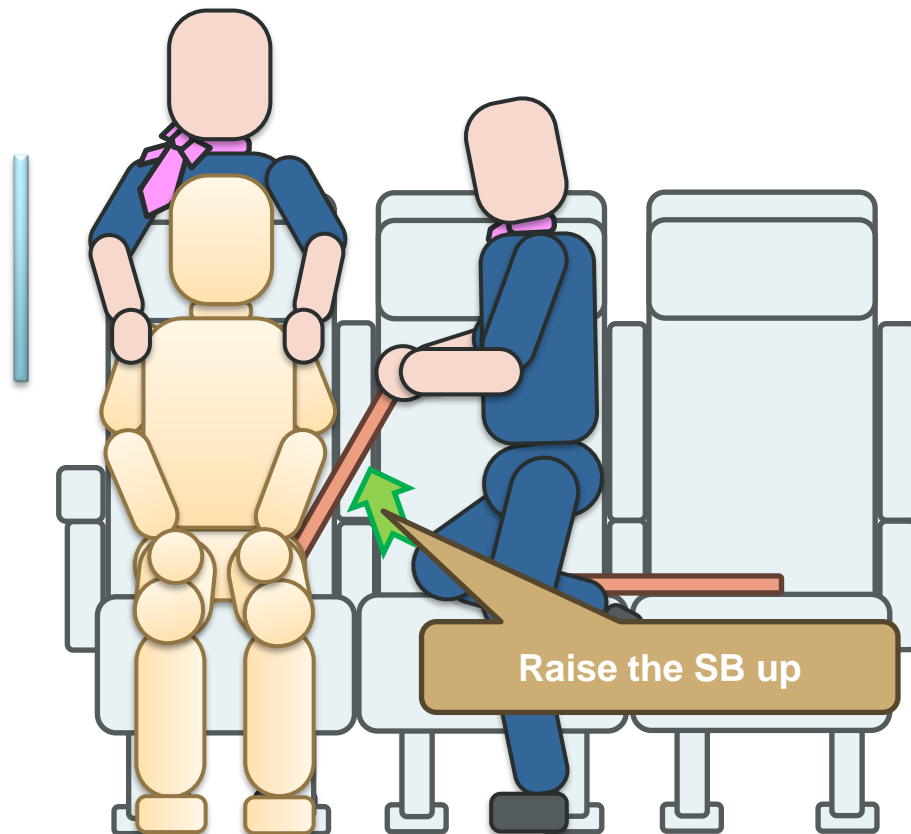
⚠ Stabilize your posture as well.

2. The side caregiver closes the distance to the passenger and stabilizes his/her own posture while avoiding leaning forward.



Putting one knee down distributes the load to the lower back and makes it easier.

11. Remove the SBs after the the transfer to the window seat is complete



1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

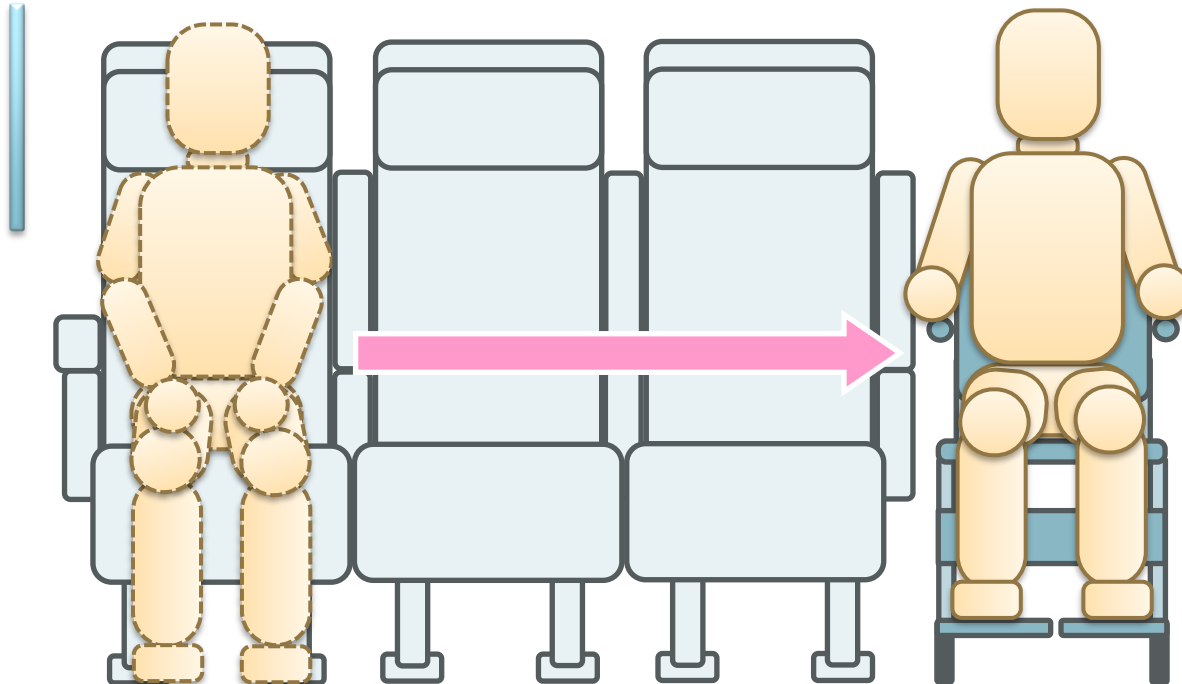
⚠ Stabilize your posture as well.

2. The side caregiver removes the SBs.

👉 Easy to pull out when you raise the SB up.

How to transfer from a window seat to an aisle chair

Transfer aids reduce the physical burden on the passenger and caregiver by eliminating the need to lift the passenger up and avoiding burdensome postures. Two caregivers are assumed.



Transfer Aids

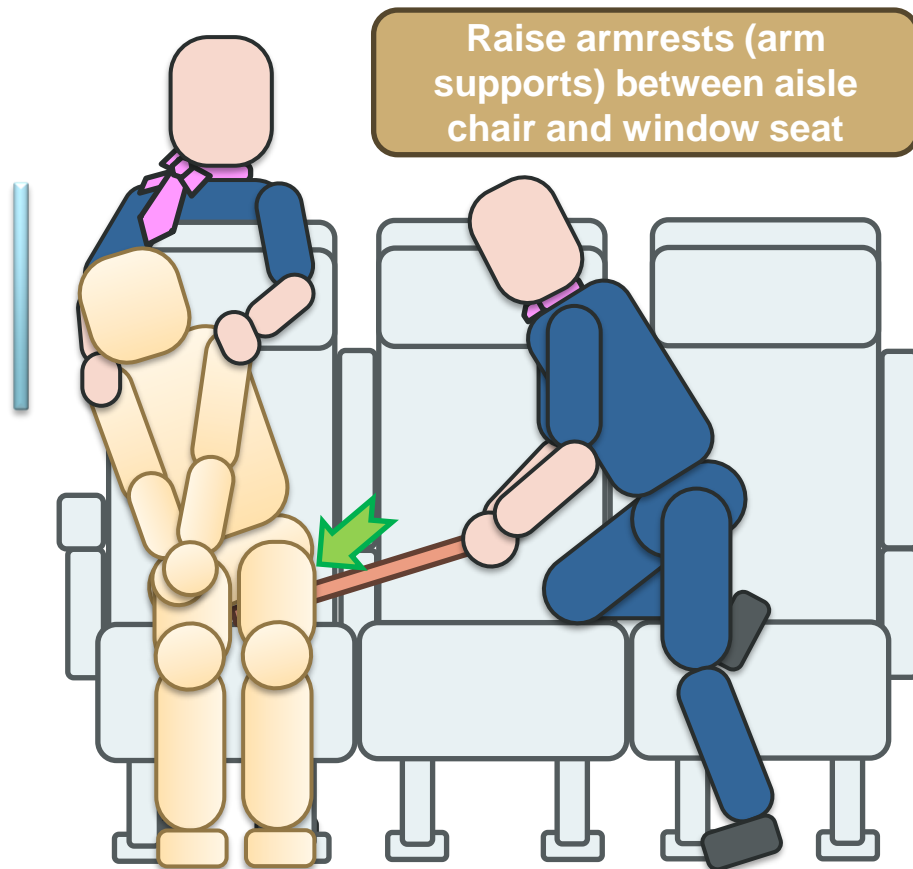


Sliding Board (SB):
M size
× 2



Transfer Belt for Hips
× 1

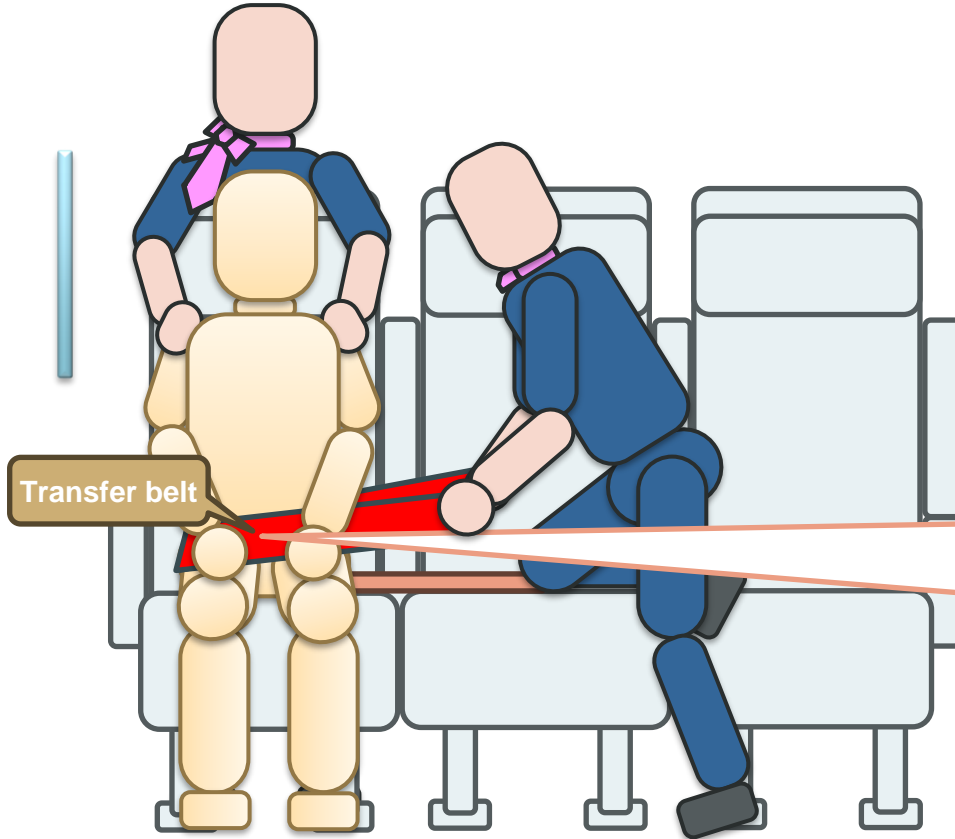
12. Insert the SB under the passenger's buttocks



1. The rear caregiver tilts the passenger's trunk to the opposite side of the transfer direction.
2. The side caregiver inserts the SB under the passenger's buttocks on the transfer side.

⚠ Be careful not to lean forward.

13. Place the transfer belt around the passenger's hips (center of gravity)



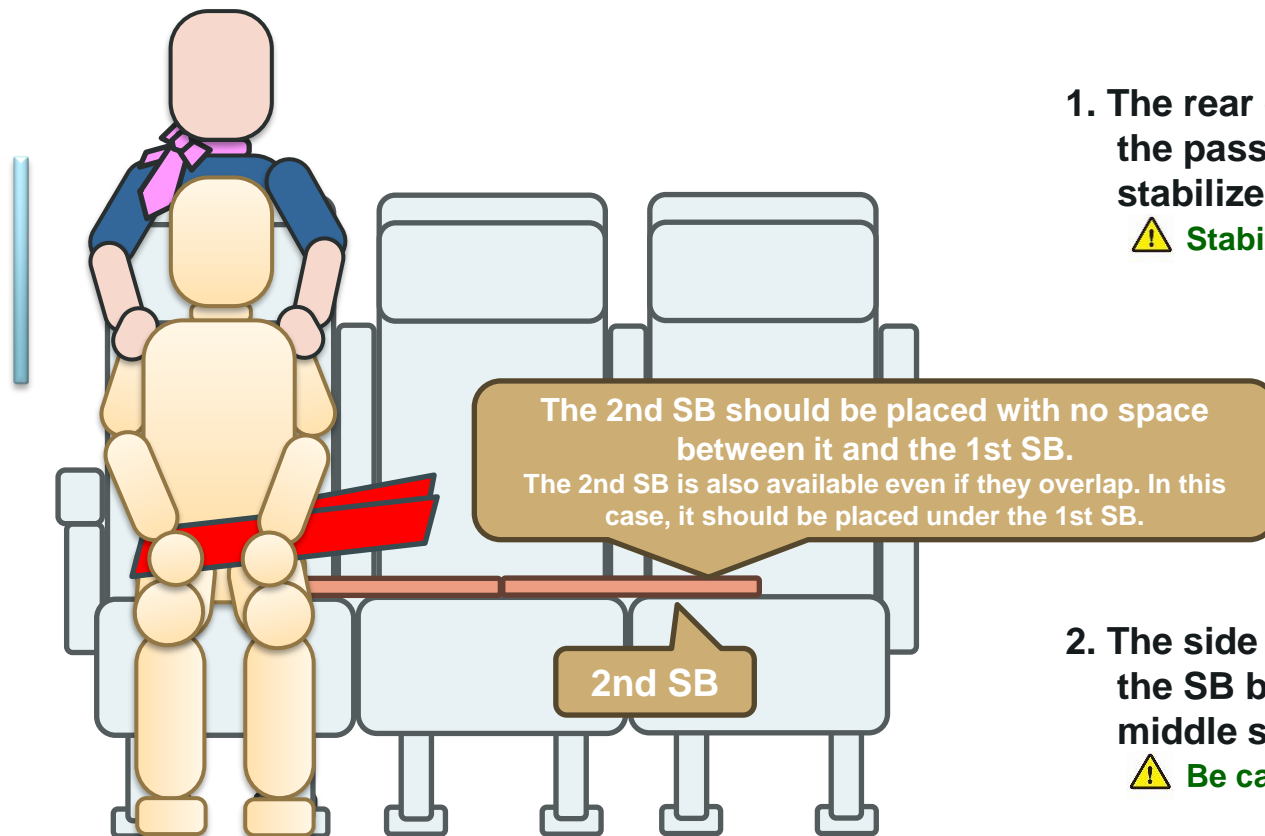
1. The rear caregiver returns the passenger's trunk to an upright position.
2. The side caregiver places the transfer belt around the passenger's hips (center of gravity).

 **Be careful not to lean forward.**

Top View



14. Place another SB between the aisle and middle seats



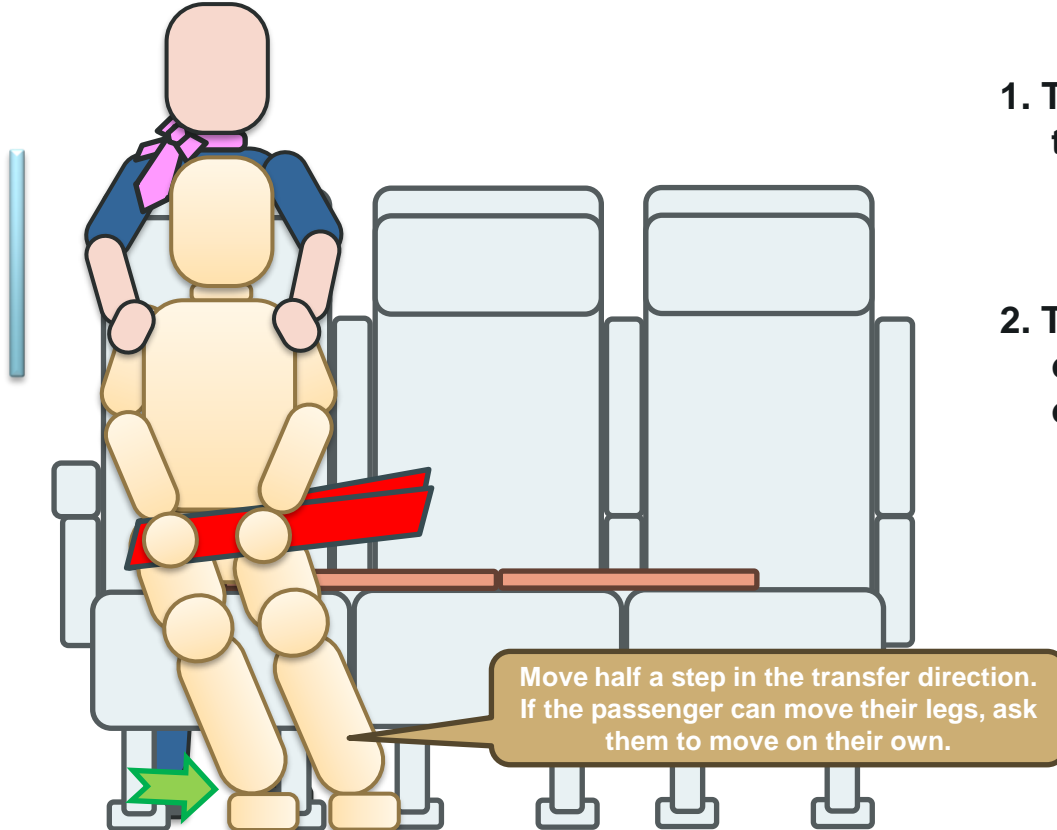
1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ **Stabilize your posture as well.**

2. The side caregiver places the SB between the aisle and middle seats.

⚠ **Be careful not to lean forward.**

15. Move both lower limbs of the passenger half a step in the transfer direction



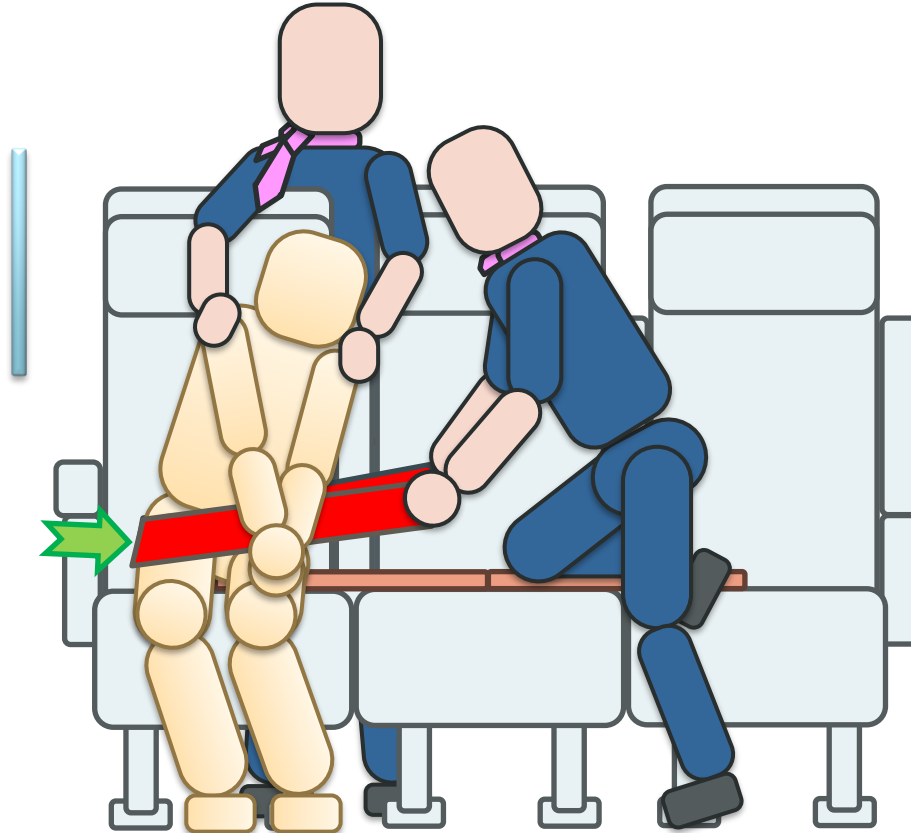
1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.

2. The side caregiver moves both lower limbs of the passenger half a step in the direction of transfer.

⚠ Be careful not to lean forward.

16. Pull the passenger's hip (center of gravity) in the transfer direction using the transfer belt



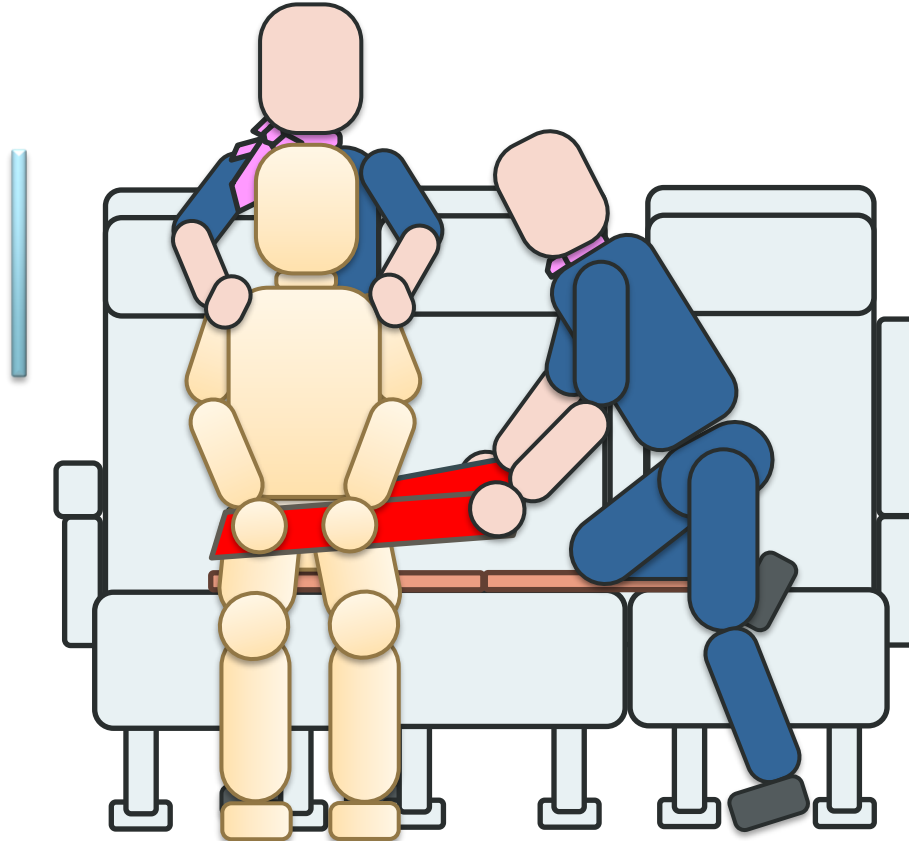
1. The rear caregiver moves a half step in the transfer direction and tilts the passenger's trunk in the transfer direction.

⚠ Be careful not to twist at the waist.

2. The side caregiver pulls with the intention of straightening the passenger's posture.

⚠ Don't pull it all at once.

17. Stabilize the posture of the passenger and caregivers



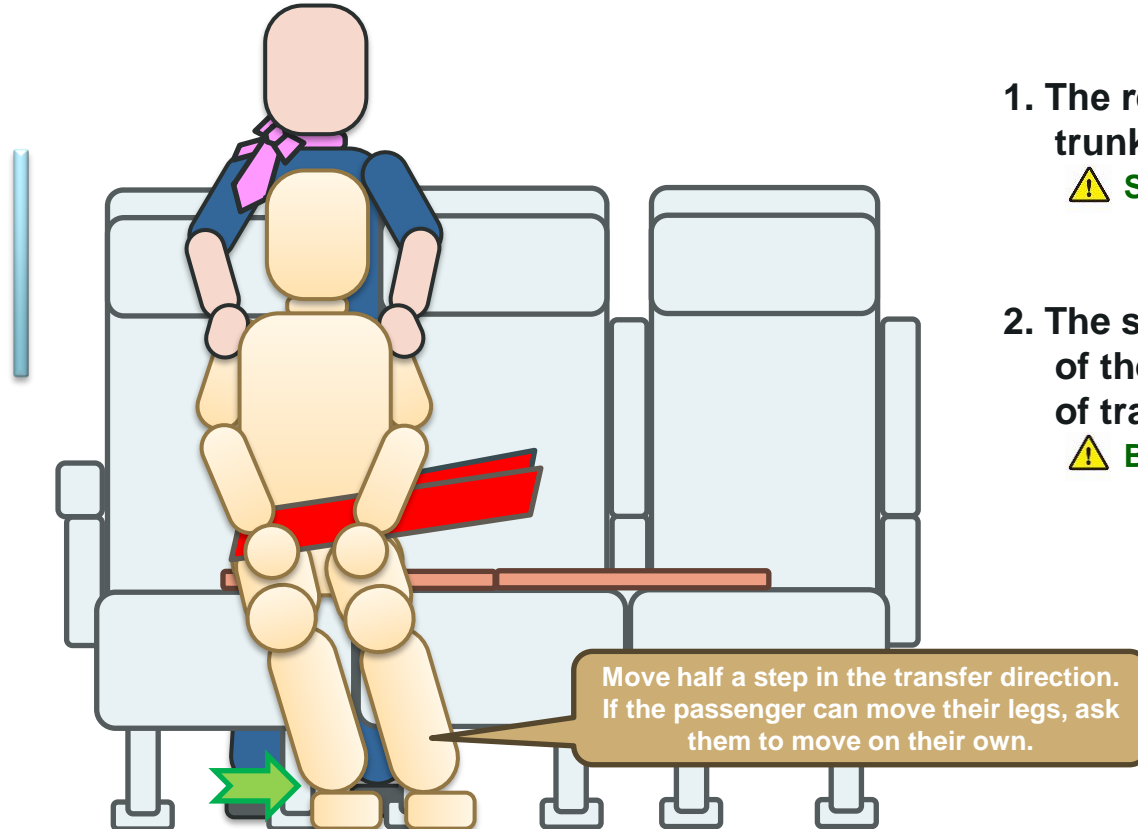
1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.

2. The side caregiver moves a half step in the transfer direction and stabilizes his/her own posture.

⚠ Be careful not to lean forward.

18. Move both lower limbs of the passenger half a step in the transfer direction



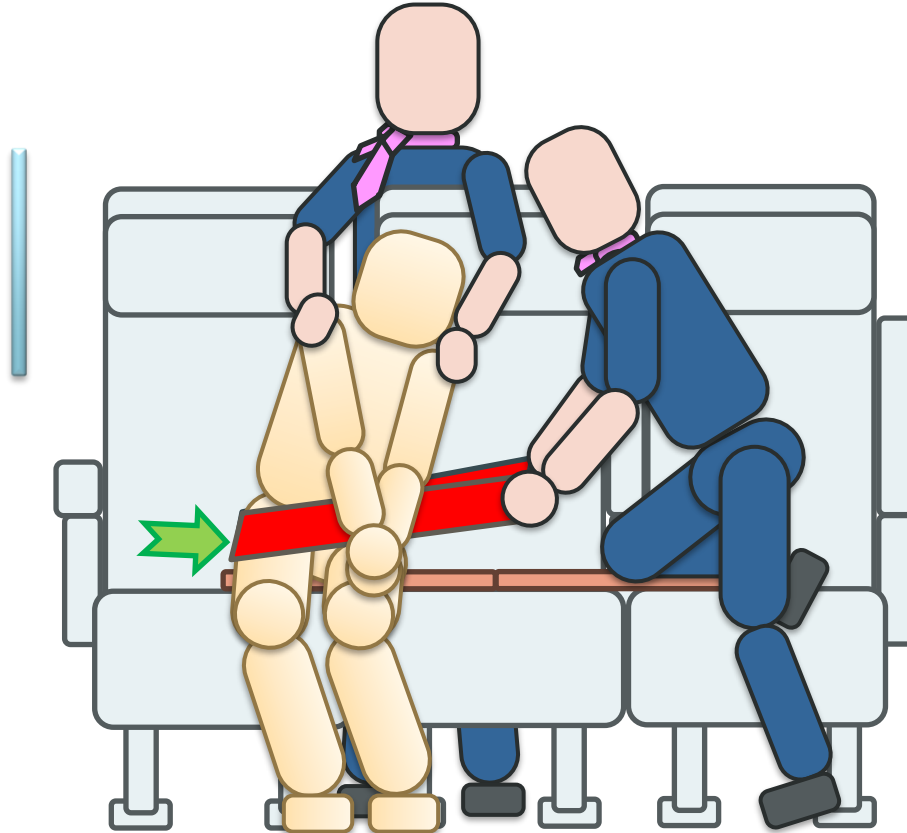
1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.

2. The side caregiver moves both lower limbs of the passenger half a step in the direction of transfer.

⚠ Be careful not to lean forward.

19. Repeat steps 15 through 17 until the passenger is positioned near the aisle seat



1. The rear caregiver moves a half step in the transfer direction and tilts the passenger's trunk in the transfer direction.
 ⚠ Be careful not to twist at the waist.
2. The side caregiver pulls with the intention of straightening the passenger's posture.
 ⚠ Don't pull it all at once.

20. Place the aisle chair next to the aisle seat and place the SB between them

1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

⚠ Stabilize your posture as well.

2. The side caregiver places the aisle chair next to the aisle seat and places the SB between them.

⚠ Be careful not to lean forward.

3rd SB

The 3rd SB should be placed with no space between it and the 2nd SB.

The 3rd SB is also available even if they overlap. In this case, it should be placed under the 2nd SB.

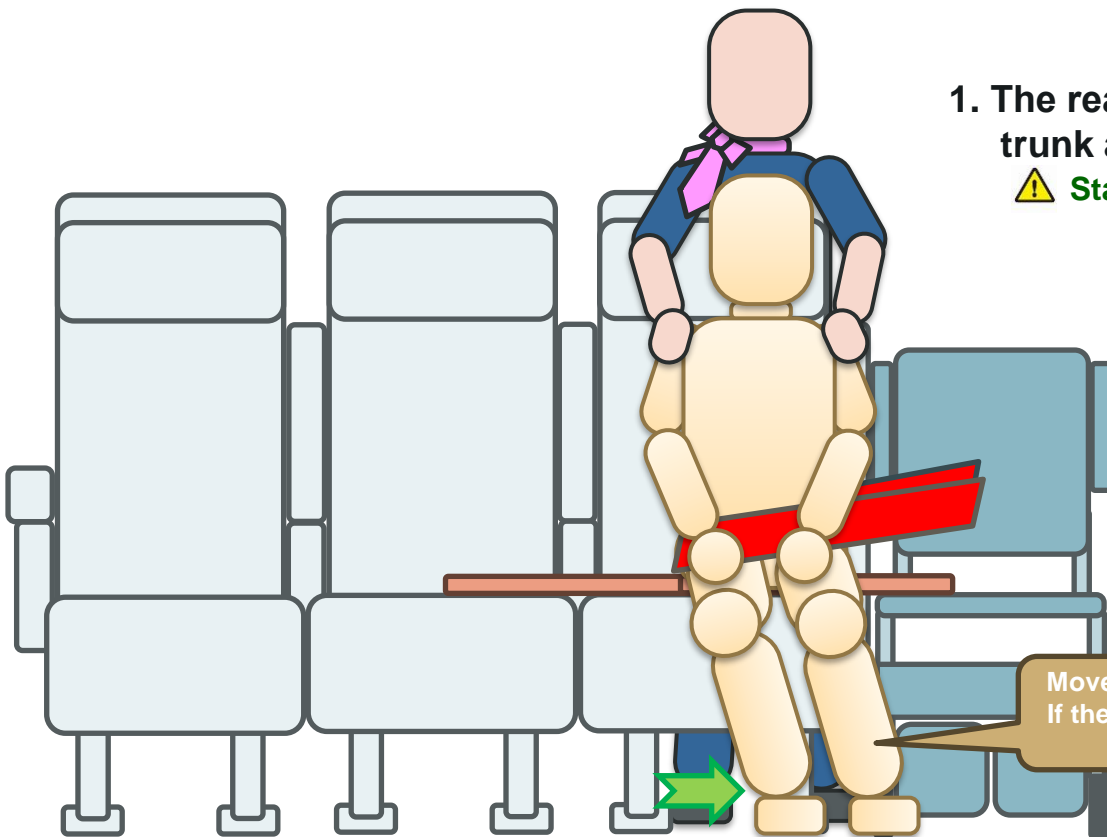
21. Move both lower limbs of the passenger half a step in the transfer direction

1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.

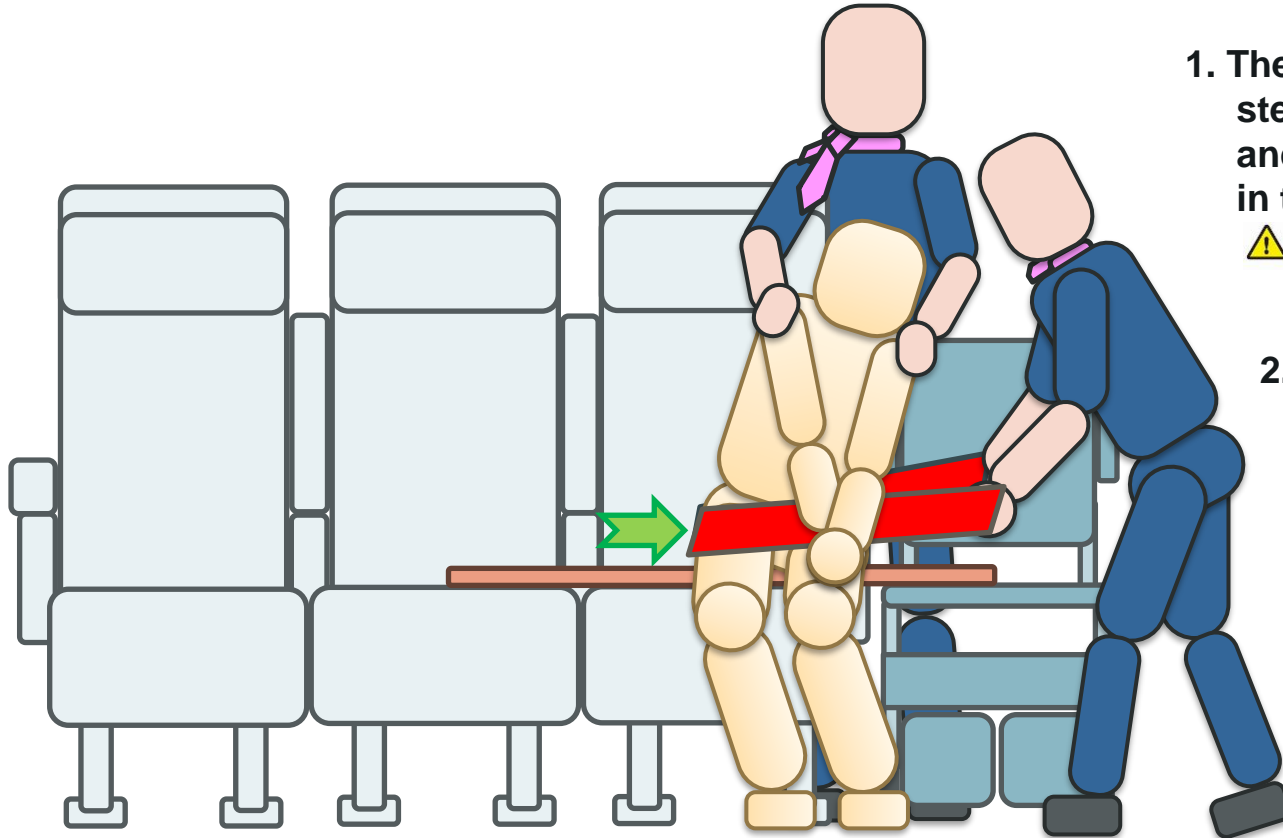
⚠ Stabilize your posture as well.

2. The side caregiver moves both lower limbs of the passenger half a step in the direction of transfer.

⚠ Be careful not to lean forward.



22. Repeat steps 15. through 17. until the transfer to the aisle chair is complete



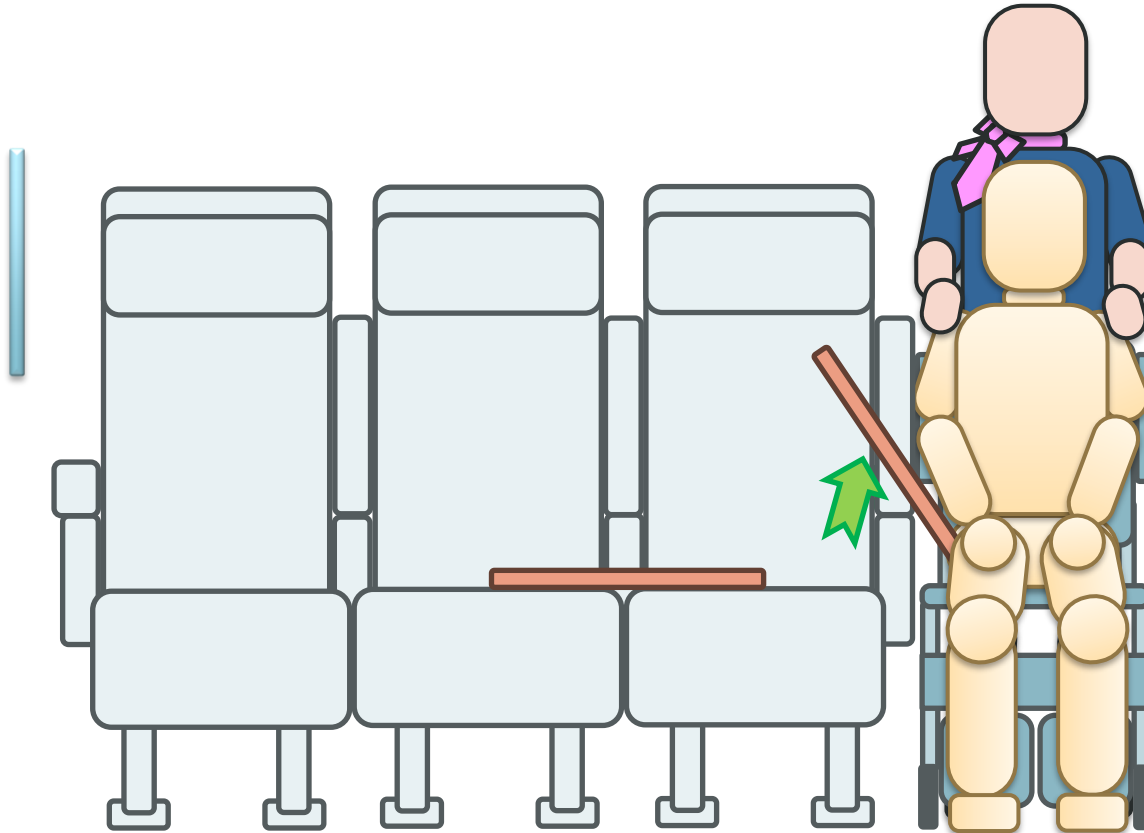
1. The rear caregiver moves a half step in the transfer direction and tilts the passenger's trunk in the transfer direction.

⚠ Be careful not to twist at the waist.

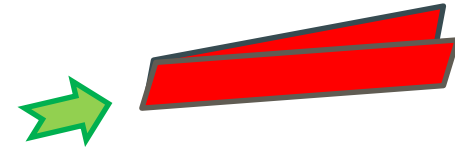
2. The side caregiver pulls with the intention of straightening the passenger's posture.

⚠ Don't pull it all at once.

23. Remove the SBs and the transfer belt after the transfer to the aisle chair is complete



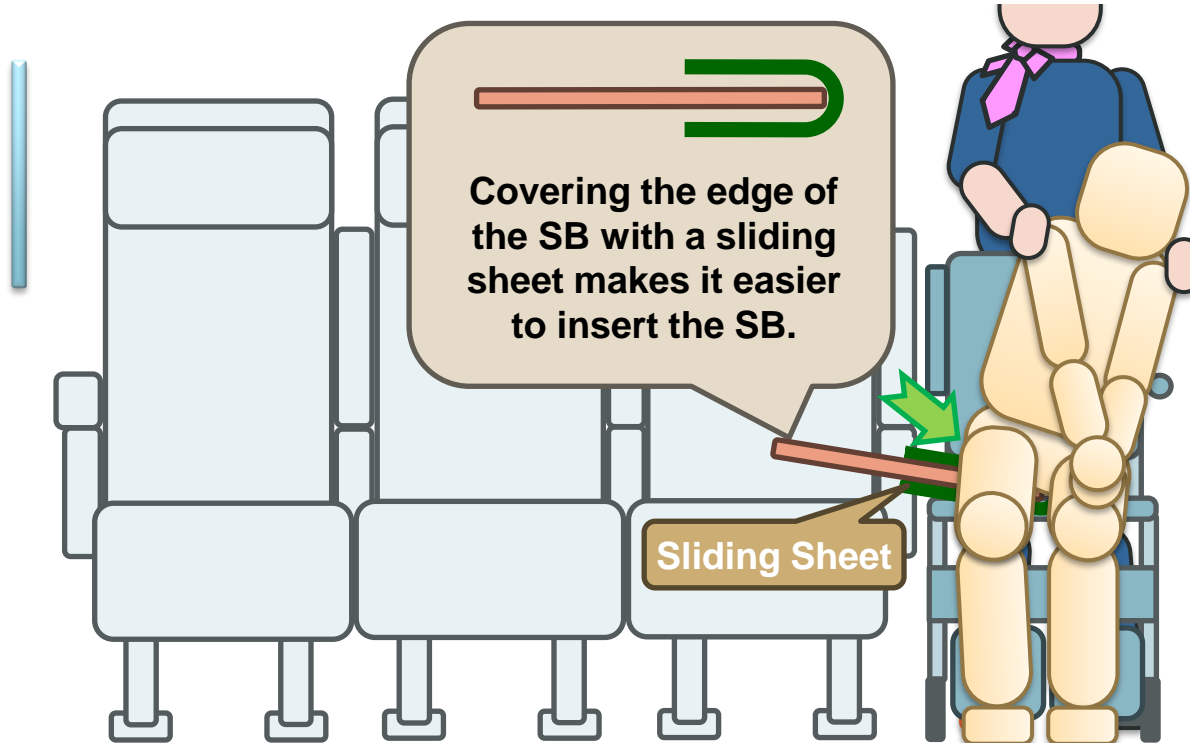
1. The rear caregiver supports the passenger's trunk and stabilizes his/her posture.
⚠ Stabilize your posture as well.



2. The side caregiver removes the SBs and the transfer belt.
☞ Easy to pull out when you raise the SB up.

How to Use Sliding Sheets (1)

When it is difficult to insert the SB, the sliding sheet is useful to reduce friction on the SB and allow the SB to be inserted smoothly.



Transfer Aids



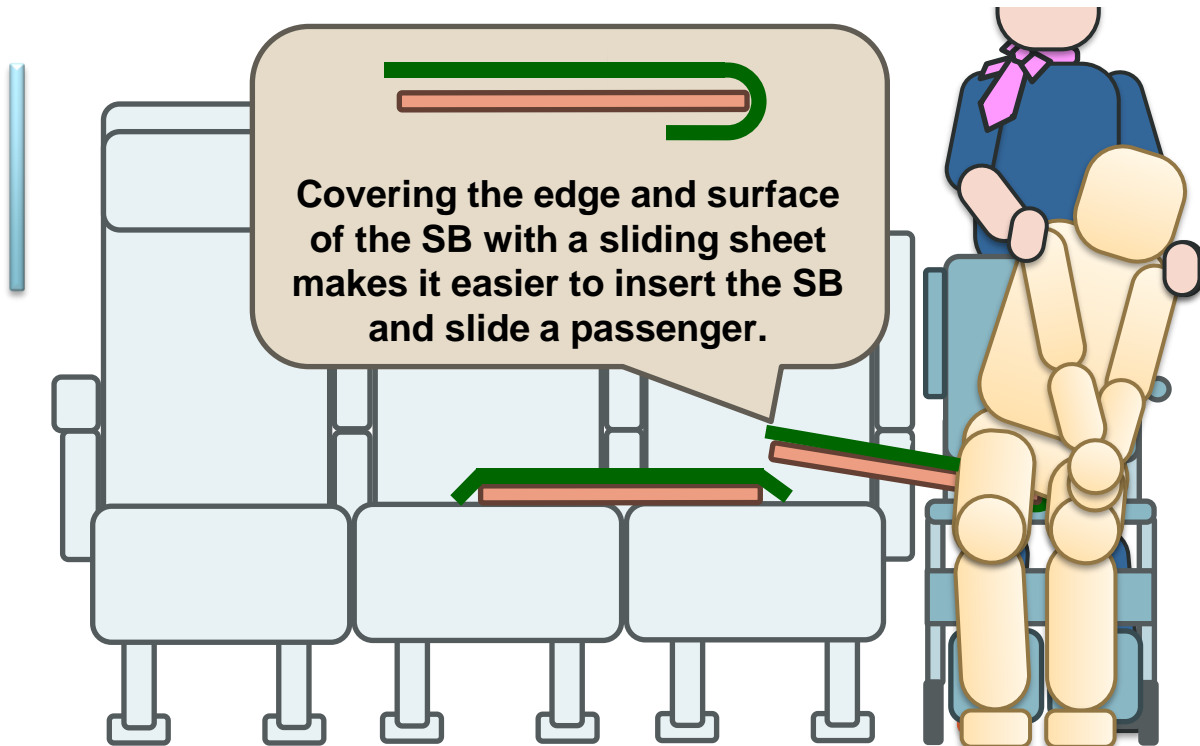
Sliding Board (SB):
M size
× 2



Sliding Sheet: S size
(width ≈ 45cm, Length ≈ 60cm)
× 1

How to Use Sliding Sheets (2)

When it is difficult to slide a passenger on the SB, the sliding sheet is useful to reduce friction on the SB and to move the passenger smoothly.



Transfer Aids



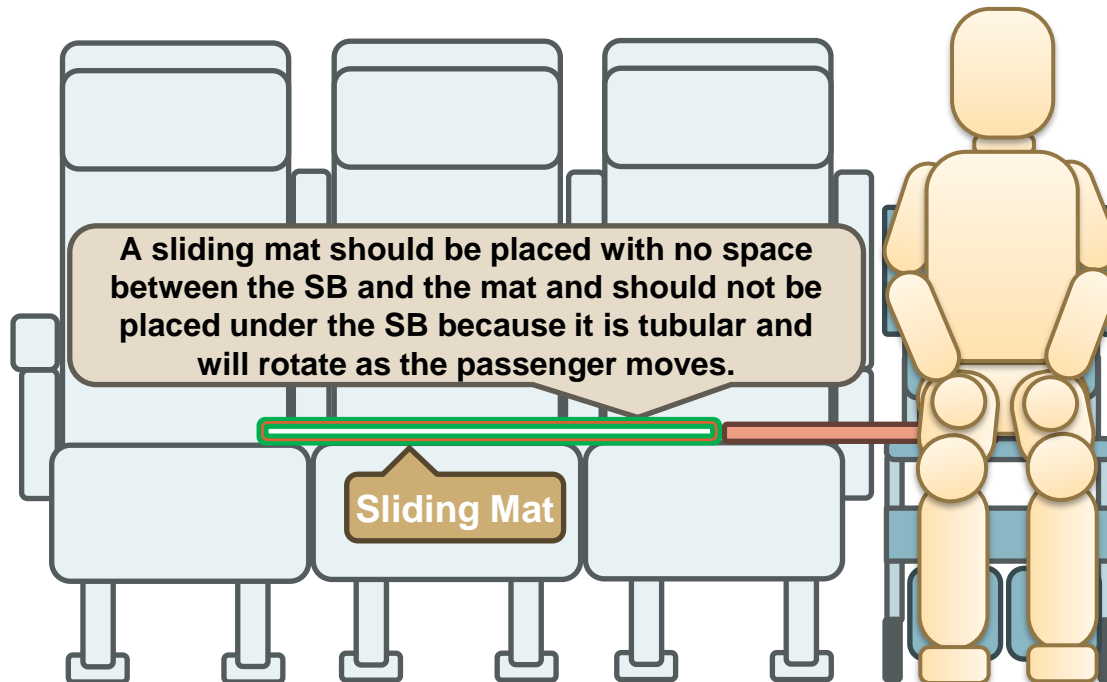
Sliding Board (SB):
M size
× 2



Sliding Sheet: M size
(width ≈ 75cm, Length ≈ 75cm)
× 2

How to Use Sliding Mats

Sliding mats can be useful for passengers who can raise their buttocks or for smaller passengers. Sliding mats are thick and cushioned, so they are less likely to get stuck in the grooves between the seats, reducing the strain on the passenger's skin.



Transfer Aids



Sliding Board (SB):
M size
× 1



Sliding Mat: ML size
(width ≈ 75cm, Length ≈ 120cm)
× 1