(SCIRE logo appears on top right corner of screen with the words "Wheelchair Falls Prevention for Patients with SCI" in center and words "Part 2/6" on bottom right corner.)

(Words "Safe Transfer" appear on screen.)

(Woman wheels into a room and transfers from her wheelchair to a bed.)

Female Narrator: Transfers in and out of wheelchairs are one of the more frequent ways people with SCI fall.

Transfers out of manual wheelchairs are challenging because the chair tends to have a shorter wheelbase, and people have to move their weight forward to clear the rear wheel.

(Animation of a model human on a wheelchair and the movement of its centre of gravity as the human model falls off its wheelchair.)

This significantly changes the centre of gravity and balance of the wheelchair, putting patients at risk for falls.

(Words "The Key to a Safe Transfer" appear.)

The key to a safe transfer is keeping the patient's centre of gravity within the base of the wheelchair until the patient's centre of gravity can be supported by the transferring surface.

(Cut to scene of a man transferring from his manual wheelchair to the bed.)

Ian Denison: Transferring between a manual wheelchair to a bed and transferring from a power chair are slightly different.

(Medium close-up shot of Ian Denison, Physiotherapist/Equipment Specialist.)

The power chair is heavier, narrower, and that allows you to get closer to the surface that you're transferring onto.

(Side-to-side comparison of a power chair's thicker and smaller wheel to a manual wheelchair's larger and skinnier wheel.)

Also, because the wheels are below the seat rather than at the side of the seat, you don't have to transfer over wheels.

(Return to medium close-up shot of Ian Denison, Physiotherapist/Equipment Specialist.)

A manual chair has the wheels at the side of the seat that you're sitting on, which makes the seat wider and provides an obstacle that you have to be able to transfer over in order to get to your destination.

(Fade to scene featuring a physiotherapist locking a woman's front casters.)

And because it's lighter, it's more prone to tipping if your wheels aren't in the right place, if you haven't got your centre of gravity sorted out.

(Cut to human model shifting weight to front of wheelchair.)

Female Narrator: Moving forward puts more weight on the front casters and less on the rear wheels.

(Brief recording of man tipping out of his wheelchair while transferring.)

However, sometimes the weight shift can be too great, and if the centre of gravity moves in front of the casters, the chair will tip and the patient will fall forwards.

(Demonstration of man putting foot down before transferring from his wheelchair to a bed.)

Placing your feet on the floor will eliminate any tendency for the chair to tip forwards.

(Scene featuring a woman transferring from a bed to a wheelchair. Once safely on the wheelchair, a physiotherapist locks her front casters.)

Ian Denison: When somebody is transferring from a manual wheelchair onto a surface of the same level, before you get there and start the transfer, think about how it's going to be done.

(Medium close-up of Ian Denison.)

If they've got short legs, they're not going to be able to get their feet down to the ground to be able to use the ground as the base that they're standing on.

They're going to be transferring weight forwards onto the casters.

(Animation of a wheelchair having its casters locked forward.)

Female Narrator: By locking the casters forward, we ensure a long base of support and also stop the front of the chair from moving when the patient transfers.

(Real life demonstration of a man applying weight to front of casters while safely transferring from wheelchair to bed)

This enables the patient to safely put lots of weight on the footrests without the chair tipping forward, and also apply lots of force to the outside front corner of the chair to perform the transfer.

(Screen turns light blue and words "To Prevent Falls During Transfers…" appear.)

(Cut to close-up scene of woman locking her wheels and making sure they're locked. Next scene shows a wheel tire being inflated and the words "Inflate tires once every 3-4 weeks.")

Always ensure that the wheel locks are on and tires are sufficiently inflated.

(Recording of man placing feet on ground before using wheelchair and bed as support for his transfer.)

If possible, place feet on the ground before initiating the transfer.

(Brief clip demonstrating the stability of a wheelchair with its casters in the forward position and locked.)

If placing feet on the ground is not possible, ensure that the casters are in a forward position.

If caster locks are available, lock the caster wheels to prevent chair movement while transferring.

(Cut to man moving a caster to forward position and placing foot by wheel while woman in chair shifts her weight to make sure that wheelchair stays immobile.)

If a caster lock is not available, placing a foot in front of the caster will ensure that the wheelchair will not move.

(Words "To learn more visit scireproject.com" and "follow us @SCIREProject" appear.)

(Fades into next screen with bolded words "Thank you to" followed by the words "Equipment Specialist: Ian Denison," and "Participants: Kim McIntosh, Ed Bell, Jami Bennett, Matthew Querée, Shannon Sproule and the rest of the SCIRE Team." Below: logos of the Rick Hansen Institute, University of British Columbia, icord, and Ontario Neurotrauma Foundation.)

(Words "Created by Merilin Paart at the Knowledge Mobilization Studio at the Centre for Hip Healthy and Mobility" and Knowledge Mobilization Studio logo appear on screen before dipping to black.)