

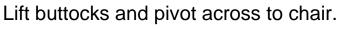
1

Position chairs as shown. Remove armrests and footplates. Position feet apart with one further forward.



Lean forward, shuffle bottom to front of seat, Turn in seat so that leading buttock is off edge of seat.

Place leading hand on seat.





N.B. • Ensure brakes are applied.

• Two surfaces should be approximately the same height.



For all enquiries please contact BCP Council Workforce Development Team. Email: sctraining@bcpcouncil.gov.uk © Copyright Bournemouth Christchurch Poole Council 2019

