

TIPS FOR SAFE TRANSFERS

Before

- √ Analyze the Situation
 - Slippery Floors?
 - Objects in the way?
- √ Get and place needed equipment / help
 - Assistive devices
 - Gait / Transfer belt
 - Lifts / other staff
- √ Rubber soled shoes or non-slip socks a must for consumer
- √ Understand the consumer's need
 - Min, Mod, or Max assist? (This can change)
- √ Explain the process to the consumer
- √ Have consumer as close to the edge of the seat / bed

During

- √ Support consumer on affected side
 - 1 or 2 hands on the gait belt
- √ Never just hold the consumer's arm
- √ Work together to minimize effort
- √ Rock with the consumer to develop momentum
- √ Minimize your reaching / trunk flexion by staying close to the consumer
- √ Lift with balanced posture ("S" curve in spine), using your legs
- √ Have consumer do as much as possible, but be prepared for a max assist!!

Try This: Practice challenging transfers with staff acting as that consumer

STRETCHING



Pause for 5 to 10 seconds in each position. The 1st and 3rd image should be done on each side. Stretching should never hurt. Be gentle without bouncing.

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