

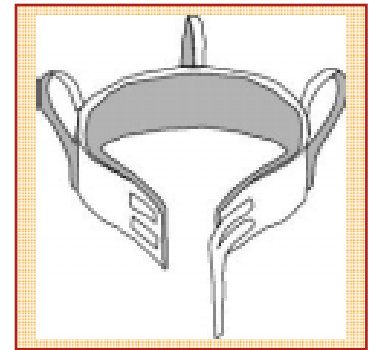
SAFETY BASICS *Healthcare Series*

Transfer from Sitting to Standing Position

Activity: Resident Handling

Description: Gait belts/transfer belts with handles

When to Use: Transferring residents who are partially dependent, have some weight bearing capacity, and are cooperative. Transfers such as bed to chair, chair to chair, or chair to car; when repositioning residents in chairs; supporting residents during ambulation; and in some cases when guiding and controlling falls.



Points to Remember: May require one or two caregivers. Belts with padded handles are easier to grip and increase security and control. Always transfer to resident's strongest side. Use rocking and pulling motion rather than lifting when using a belt. Belts may not be suitable for ambulation of heavy or non-weight bearing residents, or residents with recent abdominal or back surgery, abdominal aneurysm, etc. Should not be used for lifting residents.

Ensure belt is securely fastened and cannot be easily undone by the resident during transfer (i.e., Velcro fasteners). Ensure a layer of clothing is between residents' skin and the belt to avoid abrasion. Keep resident as close as possible to caregiver during transfer. Lower bedrails, remove arm and foot rests from chairs, and other items that may obstruct the transfer.

Safety Basic Health Care Series Information is extracted directly from OSHA safety materials. For additional information consult www.OSHA.gov