



# HOW TO SAFELY TRANSFER YOUR PATIENT

Think Smarter, Not Harder!

## ROLL LIKE A LOG

### Rolling to Sitting



- 1: Instruct/assist patient in bending both legs so that both feet are flat on bed/mat
- 2: Instruct/assist patient to reach across body towards edge of bed as well as push with both legs to roll onto side
- 3: Instruct/assist patient to push with both arms while both legs lower off of edge of bed

## PROPER SITTING POSITION IS KEY TO STAND

### Scooting To Edge of Bed

- 1: Instruct/assist patient in leaning to one side to offload buttocks
- 2: With both arms and hands (more so on the offloaded side), instruct/assist in pushing to scoot hips forward
- 3: Repeat steps 1 and 2 until both feet are flat on floor, both knees are bent so they are over toes, and so that hips are safely close to edge of bed



## BE AN AIRPLANE NOT A ROCKET SHIP!

### Sitting to Standing to Sitting

- 1: Apply shoes or non-slip socks and place gait belt (for safety) around patient's abdomen around belly button area and adjust height of surface if able (higher = easier)
- 2: Place properly adjusted assistive device in front if needed and instruct patient to **lean forward so that nose is over toes by pushing from bed (do not allow to pull from device)**
3. To return to sitting: ensure both legs are touching surface, instruct patient to reach back with one hand at a time, and slowly bend hips and knees to sit



## SLOW AND STEADY WINS THE RACE

### Transferring from one Surface to Another

- 1: Ensure path to desired transfer surface is clear
- 2: If performing a squat-pivot, stand-pivot, or stand-step transfer, ensure that surface is positioned on strong side of patient as close to the bed as possible not leaving a gap between the bed and the other surface - instruct patient to reach for surface if able
- 3: If assisting with ambulation, instruct patient to maintain a safe pace and a wide base of support with or without use of assistive device (be aware if any weight bearing restrictions are required) - stay inside the support of the device (especially with a walker)



ALWAYS ASK FOR HELP IF NEEDED!  
YOUR SAFETY IS JUST AS IMPORTANT AS THE PATIENTS!