



TRANSFERS TO & FROM BED

HANDBOOK PAGES: 60 - 67

While transferring to and from a bed, it is vitally important to keep a **knee up** on the bed while working with the resident to position and to put the transfer belt on. Work as a team and **stay synchronized** when moving the resident. Always keep in **wide stance** and use **Crab Walk**.

You will feel immediately how much easier it is to work with the resident when one knee is kept up on the bed. Practice **counting off** before performing the transfer so you and your partner remain synchronized and move as a unit. Most importantly always keeping a wide stance and use crab walk. Residents can be **unpredictable** and we do not necessarily know when they will become unstable, forcing us to bear their weight. Make sure the wheelchair is positioned properly so it can be **pulled to the resident** rather than trying to move the resident to it.

To protect yourself, always **speak up and problem solve** with your coworkers. Find out what type of obstacles in the resident rooms are preventing the use of good **POWERLIFT**[®] technique. Always try to rearrange the resident room to accommodate safe transfers for both resident and for yourselves.