



LIFTING A RESIDENT FROM THE FLOOR

HANDBOOK PAGES: 99-100

Use **POWERLIFT**[®] and **Crab Walk** even in emergency situations.

The most important thing to remember in this situation is that you should never lift with a bend/twist or back maneuver even if the resident has fallen into a very cramped space. Even if the resident were to have fallen between the toilet and sink in the bathroom, there is usually room to place a foot so as to create a **POWERLIFT**[®] stance before assisting the resident.

Panic is the enemy of safe technique. If wide stance **POWERLIFT**[®] technique has become a habit for you, the chances of getting hurt in emergency situations is hugely diminished.