



BASIC ASSIST TO STAND

HANDBOOK PAGES: 28-34

To make your transfer easier and safer always begin with the **Basic Assist to Stand**.

1. Approach your load from a 45° angle, spread your feet wider than shoulder distance apart, and bend with your knees.
2. Get close to the load. Lift with your legs like an elevator rather than with your back like a crane. Place your foot in front of the "resident's" feet so that you bring the load to you rather than allowing the load to go away from you. You are protected if the 'resident' falls only if you maintain wide stance.

Remember that a **one person Assist To Stand** is done with the exact same technique as a **two person Assist To Stand**. Use **PowerLift**[®] for both one and two person Assists To Stand.

Know also the techniques for **Combativeness, Para Lift** and **Standing Stiff, Immobile Individuals**. These techniques are shown very clearly on the Long Term Care and Hospital DVD.