



CRAB WALK

HANDBOOK PAGES: 35

Using Crab Walk to move a resident is the most effective and safe way to transfer besides using a mechanical lift. To use Crab Walk follow these simple steps:

1. Approach your load, if possible, from a 45° angle, spread your feet wider than shoulder distance apart, bend with your knees.
2. Get close to the load.
3. Lift and hold your load with your legs like an elevator rather than with your back like a crane.
4. Move with slow, deliberate steps in coordination with your lifting partner.

Crab Walk allows you to stay in a strong POWERLIFT[®] stance even while moving a resident.