



## ALTERNATE TRANSFER METHODS

HANDBOOK PAGES: 68-74

Always remain as **close as physically possible** to the load you are lifting. Having the resident too far away can result in a shoulder or upper back injury.

If using a **Slide Board**, remember that this transfer is made with more of a **slide** than a **lift**. With residents that are too heavy for you, get help. Going it alone does not pay and if you get hurt it will probably be the last time you will ever do it alone again. Don't get hurt to get smart!!

Become a **problem solver**. If, for instance, a particular resident is deteriorating and is becoming too difficult to transfer with one method, change the transfer method. Be sure to go through the appropriate chain of command for the suggested change and by all means, speak up!