



## LIFTING ASSIST DEVICES

HANDBOOK PAGES: 44-45

Lifting assist devices are here to help make the job of transferring easier and safer. However, do not be fooled into becoming complacent, because you can use your back and become injured very easily using unsound technique.

When fitting the sling on the resident in the bed always keep a **knee up on the bed**. Stay in **wide stance** and use **POWERLIFT®** as you maneuver your resident in and out of bed, a chair, a tub or anytime you must use your strength to move the load. To pull a resident up and snug into a good sitting position while still in the sling remember to grasp and pull on the sling, not the resident. Turning, pulling and pushing a lift assist device can and will stress your back unless you constantly keep a wide stance and use **POWERLIFT®** technique.