



## **BASIC TRANSFERS**

HANDBOOK PAGES: 36-38

To accomplish a safe transfer, combine the components of the **Basic Assist To Stand** with **Crab Walk** to keep yourself safe.

Make sure the transfer occurs by:

1. Approaching the "resident" from a **45° angle**, spreading your feet wider than shoulder distance and bending the knees.
2. Get **close** to the "resident".
3. Lift and hold the "resident" with the **legs like an elevator** rather than the back like a crane.
4. Remaining in wide stance **POWERLIFT®** position, use **Crab Walk** with slow, deliberate steps to turn the "resident" and sit them in the chair. You are **protected through every phase of the transfer** when utilizing this method. Understand that you do not have time to think when a resident fails and drops and that by keeping your legs in wide stance and the load close, you are protected automatically should the resident fall.

Also, remember to use **Blocking** techniques, where the resident's knee is blocked with the inside of your thigh or knee and blocking the resident's foot with your foot. Not all residents need to be blocked but those that do can be blocked very effectively using **POWERLIFT®** technique.