



Safe Transfers and Body Mechanics at PPRS

While working at PPRS it is important to know how to do safe transfers and protect yourself from injury while assisting people and objects from one location to another. You will need to understand the concept of body mechanics, body positioning and how to keep everyone calm during the process of transferring from one location to the next. A safe transfer also requires that you use proper body mechanics and that you encourage those in your care to do the same.

What are Body Mechanics?

Using good body mechanics means using the safest and most efficient method to lift and move patients or heavy items. Efficiency is more important than strength. Body mechanics are the way your whole body moves to keep its balance during movement and at rest.

DO's with Body Mechanics

- Wear closed, low-heeled shoes with flexible, nonslip soles to promote correct body alignment and prevent accidents.
- Assess the situation & know your limitations
- Carry a child or a heavy object close to you at waist height, which is your center of gravity
- Once you're moving an object, conserve energy by keeping it moving.

DON'Ts with Body Mechanics

- Don't lift an object when you can pull, push, or roll it
- Don't pull when you can push it
- Don't bend your back when lifting or moving an object, bend your knees
- Don't reach to lift an object

Body mechanics are a part of the transfer techniques that will be presented.

Transfer Techniques from In the Knows

The procedures you use to move clients from one place to another are “transfer techniques”. For safe lifting:

- 1) Think about the transfer before you do it!
- 2) Get help if you need it!
- 3) Prepare the environment before you begin the transfer!
- 4) Maintain a wide base of support with your feet!
- 5) Tighten your abdominal and buttock muscles.
- 6) Bend at the knees, not at the waist.
- 7) Keep the person/object close to you during the transfer.
- 8) Breathe and move evenly all during the transfer
- 9) Pivot with your feet if you have to turn during the transfer.

Communicate before Moving

It is important to communicate prior to moving anyone from one location to another. It shows them respect and consideration and also alerts them so as to ease any concern that they may have. Please explain to them what you are going to do and what you need them to do and if they are able to help in anyway. If they complain of pain or dizziness, please acknowledge their feelings and remember to try to do the transfer the same each time.

Transfers and Transfer Techniques:

Bed to chair

- Assess the persons overall strength and review the Client Binder for specifics before transferring.
- Inform the individual about the procedure. If they wants to be transferred on a chair, explain what you are going to do first. And if there is a need to be transferred on a wheelchair, explain the purpose and destination of the transfer. Informing about the actual maneuver will facilitate cooperation and will make them that he/she is being respected rather than being controlled.
- Position the chair or wheelchair next to the bed facing the foot of the bed. Bring the chair as close as possible to reduce the distance of the transfer. If a wheelchair is used, make sure to lock its brake and fold the foot rests, as soon as you position it near the bed.

? Lock the brake of the bed and then assist in doing side lying position, facing the direction of the transfer.

? Place one **arm** under the shoulder of the individual to be transferred and the other arm supporting their thigh on the opposite side (you are facing them when doing this maneuver). Count to three and then carefully swing their legs over the side of the bed and assist him/her in lifting his/her trunk and shoulders until he/she is in sitting position. If they are strong enough to do some movements, allow them to participate on the maneuver. Ask them to use the leg on the outer side of the bed to scoop the leg on the other side. Then carefully swing both his/her legs on the side of the bed and then assist him/her in lifting his trunk and shoulders until he/she is in sitting position

- Place your arms around their torso for support. Put one arm over your shoulder; while his/her other arm is extended on the bed, to help support the position. Instruct them to scoot over the edge of the bed until his/her feet are flat on the floor.
- Widen the distance of your feet, with right foot forward, and the left foot back for an easy shift of **your weight** as you lift. Maintain the position above, with your arms still supporting the torso. One of their arms should still be on your shoulder and his/her other arm should still be extended on the bed (palm flat on bed).

? Position your right foot alongside their left foot (the side to where the little toe is at) and position your **leg** on the level on his/her knee. The positioning of your foot and leg provides stability by preventing slipping of their foot and knee buckling when he/she is lifted to standing position.

? Slightly bend your knees and lean your body. Then instruct them to get ready for a push from one arm that's extended on the bed, as you lift him/her up to standing position. Count to three as you assist the patient to standing position and he/she is pushing off from at the same time.

? Raise them to standing position and keep your back straight as you do this maneuver. Pivot them so that his/her back is positioned in front of the chair or wheelchair; instruct him/her to grasp on the armrest for additional support, and then slowly assist as he/she lowers himself/herself on the seat of the chair. Remember to bend your knees, while keeping your back straight during the assist.

? Help them in positioning himself/herself properly when seated. Make sure that his/her buttocks are entirely rested on the seat and his/her back firmly resting on the back support. When in a wheelchair, place his/her arms on the armrests and his/her feet on the footrests.

(Adapted from --[How to Transfer a Weak Patient from Bed to Chair/Wheelchair](http://www.ehow.com/how_2311857_transfer-weak-patient-from-bed.html#ixzz1W3cyj4mN) | "eHow.com http://www.ehow.com/how_2311857_transfer-weak-patient-from-bed.html#ixzz1W3cyj4mN")

Wheel Chair to Chair/Bed or Car

Step 1

Educate yourself on the client's information in the Client Binder. Not everyone that utilizes wheelchairs have the same diagnosis; therefore some may require specific attention during a transfer. Check for g-tubes and other items that may need to be transferred with the client. Some may have the ability to help with the transfer, or they not, but to successfully transfer them into another position.

Step 2

Wear shoes that have non-slip soles on them. The last thing you want to do is slip and fall while in the middle of transferring someone. These types of shoes come in all different styles and brands and are typically advertised as slip-resistant safety shoes or nonslip shoes

Step 3

Prepare the wheelchair for transfer. Before transferring someone out of a wheelchair, you must first remove the footrests, position the wheelchair as close as possible to the new chair/car or bed, lock the wheels in place and remove the armrest on the wheelchair which is the closest to the new chair/car or bed.

(Adapted from: Read more: <http://www.livestrong.com/article/361735-how-to-transfer-from-a-wheelchair-to-a-chair/#ixzz1W3oLZOdl>)