

Lifting Techniques for Home Caregivers

IMLKS does not approve of any manual lifting of persons served unless approved by a Service Coordinator under extenuating circumstances or in case of Emergency. If ever a time comes where you are required to perform a manual lift please keep in mind:

Moving or Lifting Protocol for Safety

There are certain protocols that need to be followed to prevent these injuries when moving or lifting someone safely for the caregiver, but also for the patient. When lifting a patient, the caregivers should be careful to not bend at the waist. They should also keep their head and neck in the proper alignment with the spine. It is also proper procedure to keep the patient close to the caregiver's body while they are carrying them, and the caregiver should be careful not to twist their own bodies while performing this procedure. In order for the caregiver to maintain their balance, they should keep their feet at least as wide as their own shoulders, and utilize their legs to lift. Most importantly, if the patient is too heavy or if for any other reason the caregiver is incapable of lifting the patient, they should utilize help.

Sitting

In order to move someone efficiently and safely from a bed to a wheelchair, the wheel chair should be positioned beside the bed with the wheels locked. If the patient is unable to sit up alone, place one arm under the patient's legs, the other arm under their back, and set the patient up while also turning them to position them on the bed's edge. Lift with the legs while they are shoulder width apart, with a straight back and bent knees.

Standing

In order to assist the patient in standing, the caregiver has to face them with the caregiver's legs at shoulder width and also with bent knees. Next, with the patient using the caregiver or the bed to brace themselves, the caregiver should clasp their hands around the patient and facilitate them rising by lifting them and leaning back. Professionals have specially designed belts to facilitate this.

Sitting

Turn the patient toward the chair, and with bended knees, lower the patient into the chair while allowing them to firmly grasp the chair arms with both hands before slowly lowering them into the full setting position.

Transfer Belts

Transfer belts are not designed to be used to lift or carry the weight of a person nor to prevent a fall. Please only use transfer belts to provide stability to a person or guide a person when doing a transfer. If a person is falling, it is okay to use the transfer belt to guide the fall in such a manner to reduce injury to the person but at no time should a caregiver bear the weight of a fall.

General lifting

- Keep your head and neck in proper alignment with your spine.
- Maintain the natural curve of your spine; do not bend at your waist.
- Avoid twisting your body when carrying a heavy object.
- Always keep the object close to your body.
- Keep your feet shoulder-width apart to maintain your balance.
- Use the muscles in your legs to lift and/or pull.
- If an object is too heavy to lift on your own, please ask your Service Coordinator or wait until shift change for help.