

## Congratulations! You're on your way to improving safety for yourself and your patients!

## Altha Care Harness Proper Use Instructions



Keep Beds low, Caregivers on the same side



If present, loop clips can be connected to existing handles or straps.

See reverse for instructions on using



Place One foot back, one forward.
Pull straps forward until tension felt



Place beds together, connect straps to harness



Bring straps to midline, perform reverse lunge to bring weight from front foot to back foot. This will begin the first controlled slide.



Reset weight from rear to front foot, pull tension from straps, repeat steps 3-5 in unison until patient is safely transferred.

Watch the how-to videos on www.althacareinc.com



For the Patient, For the Provider

As always, communicate and use teamwork

would grab with your hands

Only use surfaces that you

NEVER lean your full weight back

foot in front of the other



## Altha Care Harness Proper Use Instructions How to use tension lock on sheet material



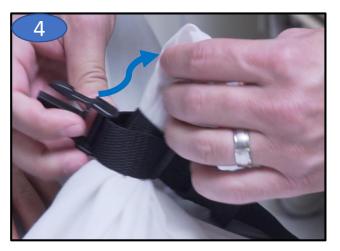
Widen inner and outer strap loop. Push handful of sheet through loop



Pull sheet through and pull tension on strap to tighten loop. Tug in two directions to tighten loop



Create "cup" in sheet. Ensure sheet is snug in strap



Place loose clip in loop of sheet



Pull strap and base sheet in opposite direction to complete tension lock



Completed tension lock should look like this



For the Patient, For the Provider