



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

Altha Care Harness Proper Use Instructions

Always keep beds low and locked!



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 tension lock system on sheet material

Only use surfaces that you would grab with your hands!

Ensure you hear "click"



Place beds together, connect straps to harness



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

NEVER lean your full weight back into harness ! ALWAYS have one foot in front of the other

Bring strap ends to midline, do not grab straps under tension!



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.

As always, communicate and use teamwork

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

Altha Care

For the Patient, For the Provider



Altha Care Harness Proper Use Instructions

How to use tension lock on sheet material



1
Widen inner and outer strap loop.
Push handful of sheet through loop



2
Pull sheet through and pull tension on strap to
tighten loop. Tug in two directions to tighten loop



3
Create "cup" in sheet.
Ensure sheet is snug in strap



4
Place loose clip in loop of sheet



5
Pull strap and base sheet in opposite direction
to complete tension lock



6
Completed tension lock should look like this