Lifting and Transferring Instructions

**Lifting**

1. **Load** – Always test the weight of the load before lifting. Ask for help if it is too heavy.
2. **Lever** – Keep the load close to your body with your body in an upright position, thereby reducing the lever arm.
3. **Lordosis (swayback)** – Maintain the hollow in your lower back during the lift.
4. **Legs** – Always use your legs and not your back while lifting. Move your feet to avoid twisting while moving objects.
5. **Lungs** – Just prior to lifting the load, tighten your abdominal muscles and breathe out while lifting.

**Tips**

- Reach the level of work by bending at the hips and knees, rather than at your back. Use leg muscles for lifting.
- Give yourself a wide base of support by standing with feet shoulder-width apart.
- Push or pull in preference to lifting.
- Have your feet pointed in the direction you are moving. Step to change direction, and do not twist your back.
- Carry your load at waist height, close to your body.
- Ask for help if needed. When working with another person, always plan your lift ahead and count, “1, 2, 3, lift.”
- Be smooth and synchronized; avoid the strains produced by jerky unplanned movements.
- Do not lift or carry an object that can be transported on wheels.
- Be certain there is enough room in which to move. Make sure carts or stretchers with wheels are not locked in place so they will roll.
- Have a good grip on the item you are moving. Be certain you can see your final destination.

**Transferring**

Please ask the patient’s nurse or physical therapist if you have any questions on how you should transfer the patient. There should also be precaution sheets mounted near the patient’s bed.

1. **Stand Pivot Transfer** – Used for high-level patients that can assist you at least 50%
2. **Two Person Transfer** – Used for lower-level patients
3. **Sliding Board Transfers** – Used with patients who can assist you less than 50%
4. **Log Roll for Supine to Sit from Bed** – Used with back patients. Using a sheet or blanket, instead of the cover, with these patients will reduce the shearing force because the bed covers are elastic in nature.
5. **Total Hip** – Used with patients who have had their hip joint replaced. Remember to not adduct, internally rotate or flex their hip past 90 degrees.
6. **Back** – Use the log roll technique and place their brace on if physician ordered.