

10 Quick Tips

To Protect Yourself and Your Client When Transferring



1. Make sure to use your legs by bending your knees – do not rely on your back.
2. Keep cues (instructions to the client) short and to the point – one idea at a time.
3. Ensure a safe environment and set up for safety before starting the transfer.
4. Keep client close to you during transfer to help provide a strong base of support.
5. Check that all wheel locks of wheelchair and bed are in the locked position before any transfer.
6. Never ask a client to hold onto your neck. Instruct the client to place his or her arms around your shoulders or to cross their arms across their chest.
7. Use a gait belt.
8. Reduce client anxiety by explaining what you are going to do step by step before attempting to transfer.
9. Avoid unnecessary twisting motions during pivot transfers by making sure your trunk, hips, knees and feet all move in the same direction.
10. Avoid rushing the process.

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