

Transfer Techniques

Learning safe transfer techniques can help prevent pain, discomfort, and injuries for both you and your loved one.



Assess the Situation

The transfer method should **align with your loved one's abilities**. Before each transfer, **assess** their current physical condition, including strength, balance, energy, and any pains. **Ask them** what they feel capable of doing and how much they can assist, approaching the conversation **without judgment**.

Body Mechanics

When transferring, start by positioning your feet shoulder-length apart. Keep your **back straight**, **knees bent**, and **lift with your legs**. Only pivot by moving your feet, never your torso. This technique will better distribute the weight and lower your risk of injuries.

Communication

To promote trust and a smooth transition, communicate **each step** of the transfer process with your loved one. Provide **clear instructions** and **reassurance** so they understand and can cooperate.

After Lifting

If you feel pain while lifting, **stop** as soon as it's **safe** to do so. Daily **stretching** and **strength exercises** can help you build endurance and prevent future strain.

Transfer Aids

Transfer aids can remove much of the stress lifting puts on the body. **Look into these items for help**:

- Handles, transfer boards, slide sheets, leg lifters, gait belts, transfer discs.
- For more advanced needs, mechanical lifts may be necessary.