



# Educational Guide for Caregivers for Safe Transfer

## Things to consider

- Always consider your and the client's safety.
- Reduce environmental risk factor.
- Potential device to consider
- Use proper body mechanics.
- Ask for assistance when necessary.
- Common treatment for caregiver's backspin

## Consider yours and your loved ones safety

- Always plan before performing the transfer.
- Do not rush when doing the transfers.
- Consider how much a client weights.
- REMEMBER that it is okay to ask for help.

## Reduce environmental risk factor

- Make sure the floor is free of any obstacles.
- Make sure the floor is not wet.
- Keep the distance from the equipment (wheel chair) and the person as close as possible.

## Potential device to consider

- Use a gait belt for your and your loved ones' safety.
  - Helps provide assistance to the caregiver when moving an individual from one place to another.
  - Allows caregiver to stabilize a care recipient to avoid falls.
  - Helps protects the caregiver and loved one from unnecessary injuries.

## Using proper body mechanics

- Create a base of support by standing with your feet 8-12" (shoulder width) apart with one foot a half-step ahead of the other.
  - Use your LEGS. Do NOT use your back to do the heaving lifting.
- Get close to the person you are lifting.
- Let the person know what you are going to do and before making a move, count with the person, "1-2-3".
- While lifting, keep your back in a neutral position (arched normally, not stiff), knees bent, weight balanced on both feet.
  - Tip: Tighten your stomach and back muscles to maintain a correct support position
- Use your arms to support the person (let your legs do the lifting)
- Pivot (turn on one foot) instead of twisting your body.
  - Keep your shoulder relaxed.
  - Use a gait belt (transfer belt) to hold onto the person.

## Suggestions for back pain

- Apply a cold ice pack to the injury area for 10 min (you can use a bag of frozen vegetables).
- Get short rest periods in a comfortable positions.
- Avoid sitting for long periods because it can impact the healing process
- Do some simple stretching (side to side stretching and back stretch)

**Reference:** "Body Mechanics.(2023, March 17). Transferring techniques for Caregivers. CDSS.

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