

## Proper Transfer Techniques PLAN

Before you move any patient, you must complete the following steps ...

### PRE-PLAN YOUR TRANSFER

- Decide if you need help – ask for help!
- Determine who will be the lead for the transfer; usually it is the person supporting the trunk.
- Remove all obstacles (ex. Arm rests, leg rests). Basically it is anything in your way!
- Put the gait belt on your patient and tell them what you are doing, even if they are non verbal (Ex. “Mr. Jones, we are going to help you move you onto the couch”)
- Position the chair to that everyone is comfortable – leave space to pivot!
- Try to get your patient to the edge of the chair
- Take a second to visualize how you and your team member would safely transfer the patient. Tell your team member what you planned (ex. “We will move Mr. Jones to the edge of the wheelchair first and then we will move him to the couch”) Use clear directions.
- COUNT TO 3 ... whoever is leading should start the count. This helps ensure that both people AND the patient are ready for the transfer.
- DO NOT grab under the patients arms – “Bear Hug” instead.

*Please follow these steps to ensure safety for both you and your patient!*



Kenda L. Kittrell, PT  
DCHRP Physical Therapy consultant  
Kenda.kittrell@dc.gov



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Kenda.kittrell@dc.gov