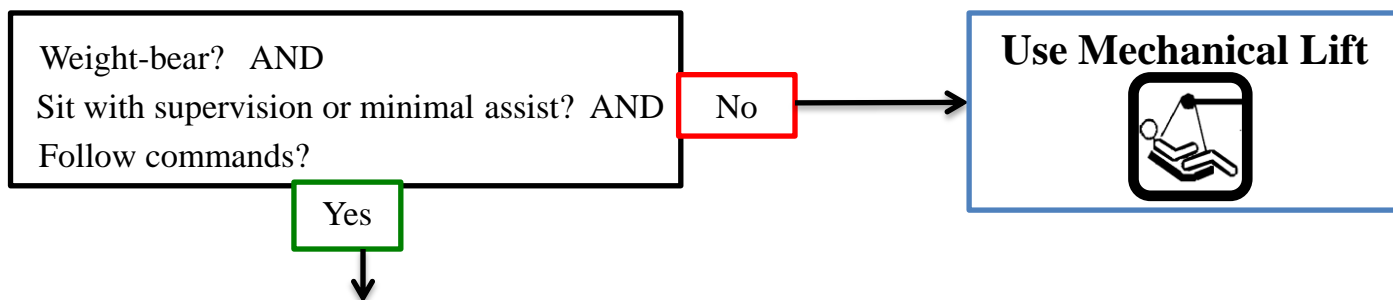


There is No Purple Transfer Sheet: What Transfer Should I Use?

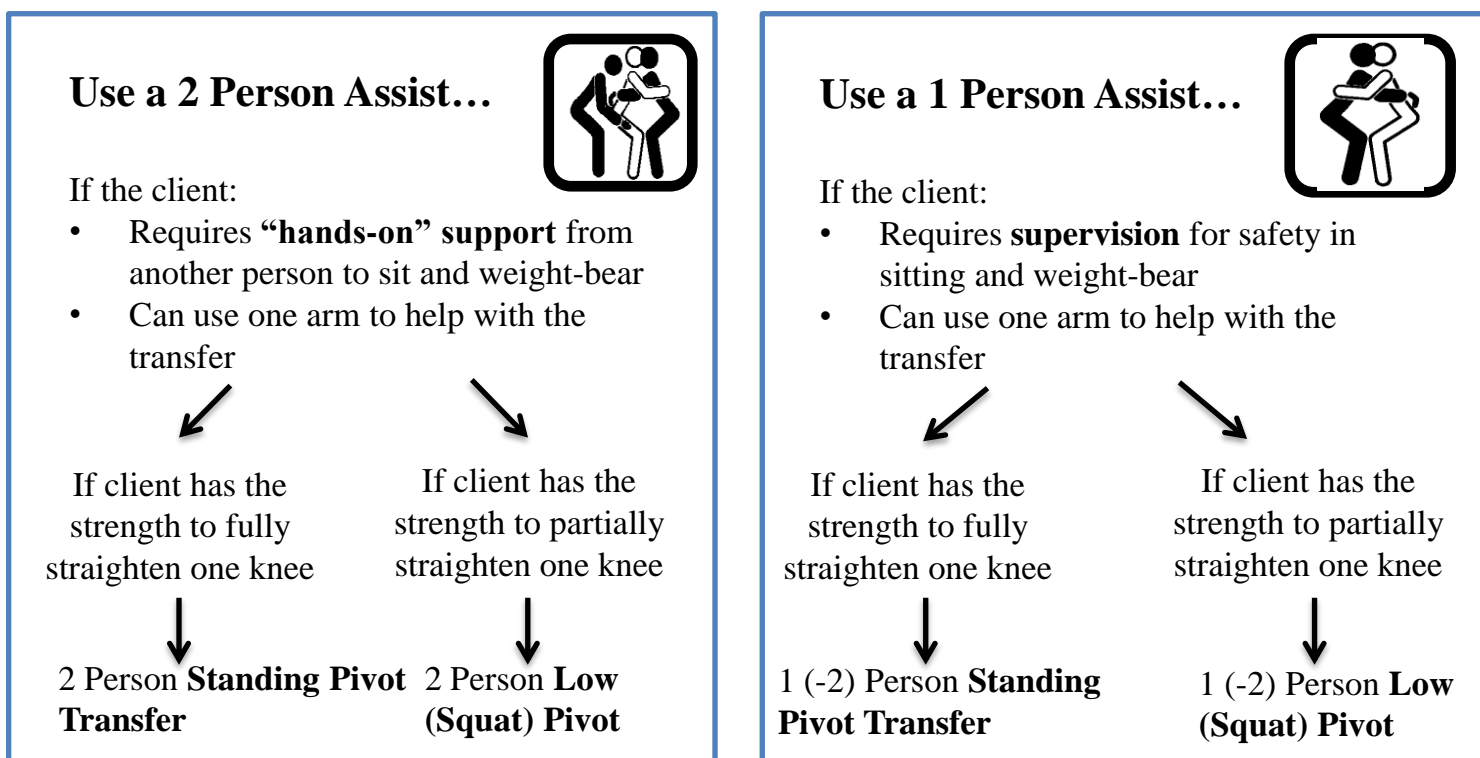
Client Transfers: Key Safety Tips

- ✓ **HINT: review EMR for latest transfer ability**
- ✓ **Encourage** the client do as much as possible and plan to transfer to the client's strongest side
- ✓ **Reassess** the client EACH time you are doing a transfer as clients' abilities fluctuate.
- ✓ **Follow specific instructions** on the purple transfer sheet about equipment and positioning if provided
- ✓ Always **communicate** with client transfer and expectations and ensure he/she understands
- ✓ Check client has **shoes on, brakes applied, and set-up environment.**
- ✓ **Apply transfer belt** at the level of the umbilicus unless inappropriate (bariatric, colostomy, wound, etc.)
- ✓ **Protect Yourself!**
 - Use a wide base of support
 - DO NOT let clients grab or hold you- use a transfer belt
 - DO NOT REACH – Keep your center of gravity close to the client's center of gravity
 - Keep the natural curve of your back – bend at knees and hips
 - DO NOT TWIST your back – reposition feet instead
 - 1 person assist – you should perform the countdown to start the transfer
 - 2 person assist – communicate so everyone knows his or her role
 - If client starts to fall, lower them gently to the floor protecting their head

1. Is the client able to consistently...



2. What support does the client need to sit on the bed?



Transfers with Equipment: A Quick Reference Guide

Sliding Board Transfers:



- ✓ **Set up room**
 - Chair/wheelchair close and parallel to bed or at a 30 degree angle so there is room for the second assist
 - **Height of bed** should be equal or slightly higher than chair (bed → wheelchair transfer); use gravity to assist with transfer (*If wheelchair → bed, bed should be lower than chair if possible)
 - Check wheelchair brakes are ON and armrest closest to bed and footrests are removed
- ✓ Check client has **shoes and transfer belt on**
- ✓ Remember **1/3-1/3-1/3 Rule**: 1/3 of transfer board under client's buttocks and 1/3 on chair/wheelchair, leaving 1/3 between the two surfaces. Ensure it is securely under the client.
- ✓ Make sure client's **hand is flat** on transfer board to prevent fingers from being pinched!
- ✓ **1 person assist:**
 - Stand in front of client. If needed, place hands on transfer belt to assist with slide
- ✓ **2 person assist:**
 - **First person:** Stand in front of client. If needed, place hands on transfer belt to assist with slide
 - **Second person:** Stand behind client with one knee on bed as necessary to avoid having to lean forward (helps decrease strain on your back). Place hands on transfer belt to assist with slide.
- ✓ Client uses arms to **lift and slide** buttocks towards chair/wheelchair. If needed, assist client with repositioning his/her feet. Repeat as needed to get to chair/wheelchair
- ✓ Works best with pants on. For **toileting**, use powder on the board or a pillow case over the board
- ✓ **Note:** For individuals with a unilateral lower extremity amputation, transfer away from the side with the amputation.
- ✓ ****Caution** – watch for shearing (especially for clients at risk for wounds)!

Standing Pivot Disc:



- ✓ **Set up room**
 - **Bed Height:** client's feet should touch the floor
 - **Pivot disc height** can be adjusted to ensure client has appropriate support and reach
 - Make sure have pivot disc with **knee blockers** (black pads), if that is what is needed
 - Chair/wheelchair/commode close and parallel to bed
 - Check wheelchair/commode brakes are ON. Armrest closest to bed and footrests are removed
 - **Position pivot disc** directly in front of client. *Double check that chair/wheelchair/commode is close enough to pivot disc that client will be able to safely sit in it after the "turn"
- ✓ Check client has **shoes and transfer belt on**
- ✓ Ensure client's whole foot/feet are directly on pivot disc with feet are under knees.
- ✓ **Always a 2 person assist!**
 - **Second person:** Stand behind client with one knee on bed as necessary to avoid having to lean forward (helps decrease strain on your back). Place hands on transfer belt to assist with slide.
 - **First person:** in front of pivot disc with foot on brake and hands on upper handle\
- ✓ Person in front (**does not assist the client** – reaching will increase risk for injury):
 1. **Applies foot to brake** ** Keep foot on brake at all times that client is transferring or standing when the disc is not turning
 2. **Communicates** with client when to pull up on lower handles and push through legs to stand
 3. **Remove brake** and slowly **turn disc**
 4. **Re-apply brake** and instruct client to slowly lower self into chair. Client should keep hands on pivot disc until seated safely