

Positioning the Transfer Belts

Transfer belts should be positioned low on the patient's waist. Pull on the two end pieces (fig. 1) to tighten the belt. Remember, that an individual's girth is greater when sitting. It is important that transfer belts are comfortably tight. To remove belt, release clips on the both sides of the buckle.



1. Adjusting the tension on a SST Belt

Helping an Individual to Stand or Sit with Transfer Belts

There are many different ways to use Transfer Belts to assist an individual to stand or sit. Think of the direction of the transfer and follow the body's natural movement pattern (fig. 2 - 6). Always transfer to patient's strongest side. Use good body mechanics and a rocking and pulling motion rather than lifting when using a belt. Either the individual, caregiver or both can wear a transfer belt.



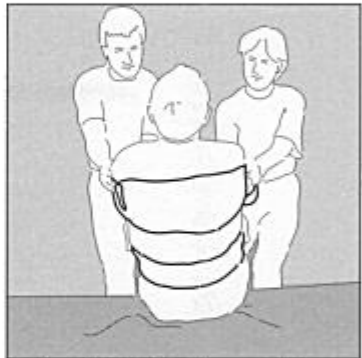
2. An active patient



3. A partially active and light patient



4. A heavy and fairly weak patient



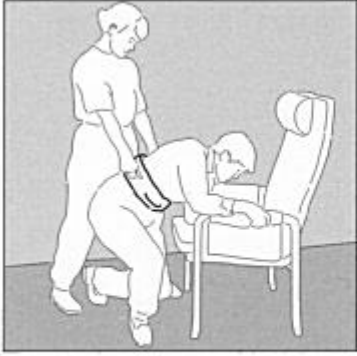
5. A patient who is heavy at the back and rigid, is moved using both a SST Sling and a SST Belt.



6. A weak and possibly rigid patient

Using Transfer Belts to Help A Patient Up From the Floor

SafetySure™ transfer belts are extremely useful in helping patients up from the floor. Remember, do not lift straight upward, but follow a natural movement pattern. Allow patient to gain additional support from leaning against the bed or gripping onto a chair (fig. 7).



7. An active patient feels more secure with a helper using a SST Belt



8. A standing, active patient

Transfer Between Bed and Wheelchair

Transfer belts are of considerable help in performing transfers from a bed to a wheelchair. The individual can be either standing or sitting (fig. 8).

Use of Transfer Belts for Transfer Between Wheelchair and Car

For transfers into a car, a [SafetySure™ Transfer Board](#) can be used in combination with this transfer belt (fig. 9). Make sure that the individual does not end up sitting between the wheelchair and the car seat. In the case of a passive individual, a [SafetySure™ Transfer Sling](#) (Item 3011) may also be used by placing it underneath the buttocks of the individual. Using this technique, it makes the transfer easier for the individual and puts less strain on the caregiver.



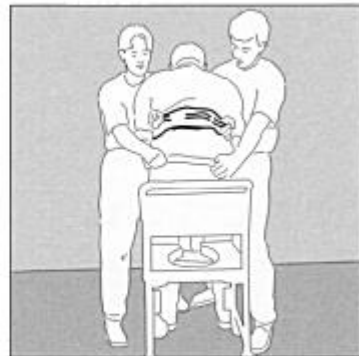
9. An active patient being helped into a car

Using Transfer Belts to Help During Toileting

When an individual needs to use the toilet, it is important to plan ahead and keep the safety of both the individual and caregiver in mind (fig. 10). If there is not enough space in the bathroom, it is advisable to use a commode outside of the bathroom. If the patient is heavy, two caregivers may be needed (fig. 11).



10. A sitting patient with a SST Board



11. A heavy and partly active patient

Transfer Belts for Support When Walking

When supporting someone who is ambulatory, it is important to keep an arm around the patient for protection (fig. 12). Always hold the individual close to you. This enables the caregiver to react more quickly if the individual needs help, and reduces the amount of strain on the caregiver. The SafetySure™ Transfer Belt, with its multiple handles, provides good grips and a comfortable way of supporting the patient during transfer.



12. An active patient requiring support



13. A large, heavy patient collapsing

Protecting an Individual Who is Unstable When Walking

When there is a risk that an individual could fall while walking, it is important to hold the individual close to the caregiver in order to prevent the individual from slipping down. If this does occur, let the individual slide down along the outside of the caregivers leg (fig. 13).

The following instructions are from the U.S. Government Agency, OSHA website (see below)

When to Use Transfer Belts: Transferring patients who are partially dependent, have some weight-bearing capacity, and are cooperative. Transfers such as bed to chair, chair to chair, or chair to car; when repositioning patients in chairs; supporting patients during ambulation; and in some cases when guiding and controlling falls or assisting patients after a fall.

Points to Remember: More than one caregiver may be needed. Transfer belts with padded handles are easier to grip and increase security and control. Transfer belts may not be suitable for ambulation of heavy patients or patients with recent abdominal or back surgery, abdominal aneurysm, etc. Should not be used for lifting residents. Ensure transfer belt is securely fastened and cannot be easily undone by the resident during transfer. Ensure a layer of clothing is between residents' skin and the belt to avoid abrasion. Keep patients as close as possible to caregiver during transfer. Lower bedrails, remove arms and foot rests from chairs, and other items that may obstruct the transfer.

http://www.osha.gov/ergonomics/guidelines/nursinghome/final_nh_guidelines.html