

Client transfers: Safely match abilities with needs

These words are all interchangeable: patient, resident, and client

How to ensure a safe transfer:

Use this tool to find out if you need to use equipment and which type is best suited for your client*. Make sure the equipment is rated for the client's weight.

A client's ability level and willingness may change throughout the day. Don't assume it's the same as last time.

Before starting any manual transfer that will involve a client standing or using legs to push off, do a quick ability screen.

It helps you see if the client understands you, can follow directions and is cooperative. If clients can't do the tasks, it hints at their ability level or a change in ability level. Tell the clinician of changes. The clinician may need to do a new assessment.

*Based on 2019 equipment choices

Quick ability screen - if client is lying on a bed...

1. Lift 1 leg up with your knee straight. Hold it for 5 seconds. Repeat with other leg.
2. Lift both arms up together and hold for 5 seconds.
3. Make a bridge by lifting your bottom off the bed. Hold for 5 seconds.



Quick ability screen - if client is sitting...

1. Lift 1 leg up with your knee straight. Hold for 5 seconds. Repeat with other leg.



2. Lift both arms up and hold for 5 seconds.



How much can your client do?

A best practice is to do a quick ability screen before starting a transfer.

	Details about Client	Details about caregiver	Caregiver effort	Therapy wording	Recommended lift equipment
A. Fully able	Client is safe to transfer independently	No caregiver needed	None	Independent	Maybe: No equipment, A standing aid , or A slide board
B. Mostly able	Client can do most of the transfer using own effort	Caregiver only needs to closely watch or give a little help with the stand or transfer.	Very little	Supervised or contact guard	Maybe: A gait belt only, A standing aid, or A slide board
C. Partly able	Client uses some leg and arm strength to stand	Manual transfers are OK only if lift effort is less than 35 pounds. If not, use a sit-to-stand lift. Much lighter weight limits apply if you twist or lift from far, low, or high.	Light to medium effort with or without equipment	Minimum to maybe moderate assist	Maybe: A gait belt only, A slide board, or A sit-to-stand lift
D. Unable or dependent	Client's legs are very weak so can't use legs to stand or support much body weight.	Caregiver uses a total body lift. Don't do a manual transfer because lift is awkward or effort is more than 35 pounds of lift effort.	Light to medium--for setting up sling and moving lift equipment. Don't do a manual transfer.	Moderate to maximum assist or dependent	A total body lift such as: A floor-based model or A ceiling lift

Click hyperlinks to see examples

What is 35 pounds of lift effort?

Compare:

- Effort to lift or “transfer” a 35 pound load from a chair or bed

To

- Effort needed to transfer a person



35 pound box



35 pound sack



*Who needs more than 35 pounds of lift effort to transfer or boost up in bed?
Tell the clinician, especially when there's a change in a client's ability level.
The clinician may need to do a new assessment.*

Examples of slide boards or sliding boards:

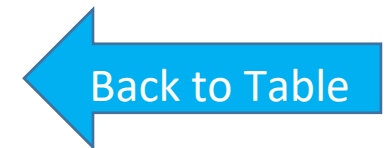
Independent



With help



= Home friendly



Examples of standing aids:



Raised toilet seat



Lift chair



Grab bar



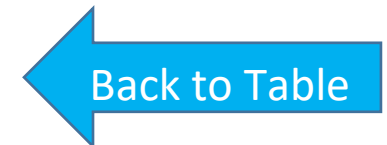
Transfer pole



Standing aid



Standing aid



Examples of sit-to-stand devices:

Hand-pumped version




Battery powered version



Battery powered 3-in-1 device



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Examples of total body lifts:

Floor-based lift:
Hand-pumped version



Floor-based lift:
Battery powered version



Ceiling lift:
4-post, free standing version



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