

## Transfer Training Handouts

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### Transfer Training Handouts

Bend at your hips and knees instead Get your center of mass close to your patient’s center of mass. Body Mechanics. Move or pivot your feet to turn; do not twist at your back Always let your patient assist as much as possible Perform transfer in a smooth motion If more than 1 person is assisting, communicate.

### Best Practices in Safe Transfers and

Lift the leg closest to the transfer surface and place the sliding board under the leg (mid thigh between the buttocks and the knee, angled toward the opposite hip). The board must be firmly under the thigh and firmly on the surface that the client is transferring towards. Block the client’s knees with your own knees.

### Proper Transfer Techniques | Occupational Therapy

Keep these points in mind: LEGS – Lift with your legs and NOT your back. CENTER OF GRAVITY – Keep the center of gravity (the patient) close to you. USE YOUR CORE – To protect your back, engage your core abdominal muscles before lifting. DON’T TWIST – Avoid any twisting in your trunk. Instead, pivot ...

### Transfer Training Tips for New Occupational Therapists ...

Transfer belts enable employees to grip patients more firmly and control their movement during transfer. Studies show that using a transfer belt increases patient satisfaction. Lifting patients manually without a transfer belt may cause the patient discomfort under the arms. Patients also prefer the transfer belt because they feel more secure.

### Patient Transfers and Body Mechanics

OT- Transfers, Precautions, and Handouts. OT- Transfers, Precautions, and Handouts. ... Occupational Therapist Physical Therapist Physical Therapy Exercises Massage Benefits Athletic Training Anatomy And Physiology Pain Management Injury Prevention Massage Therapy ... Sliding Board Transfer: appropriate for individuals who cannot bear weight ...

### 52 Best OT- Transfers, Precautions, and Handouts images ...

Call your supervisor to get more training or clarification on any transfer skill or use of equipment. Chapter 5 – Transfers and Positioning Principles of Caregiving: Aging and Physical Disabilities 5-4 Revised January 2011 B. TRANSFERRING 1. Basic Principles

### CHAPTER 5 - TRANSFERS AND POSITIONING

physical therapy transfer training handouts. A female asked: Can a physical therapy assistant become a athletic trainer with credits transfer? Dr. Georgia Latham answered. 34 years experience in Family Medicine. Depends on program: There is no question that a physical therapy assistant can become an athletic trainer. Whether credits or how much ...

### physical therapy transfer training handouts | Answers from ...

Recently I was asked to facilitate a webinar on how to create better training handouts.I hesitated initially because I’m not a graphic designer. Then a thought struck me: graphic design may lead to prettier handouts and training manuals, but instructional design leads to more effective and engaging handouts and training manuals. If you have 45 minutes and would like to see a recording of the ...

### Training Handouts: Essential to Training Design - Train ...

\* \* Back Injury: Prevention Proper lifting techniques and transfer training Proper body mechanics can greatly decrease the risk for injury for both health care worker and the patient B.A.C.K Back Straight Avoid Twisting Close to Body Keep Smooth \* \* \* Proper Patient Transfer Techniques \* \* \* Types of Patient Transfers Independent One or Two ...

### Proper Body Mechanics Techniques for Patient Transfers ...

SOCP Lift and Positioning Training 5 (05/10) Carrying objects DO NOT When carrying objects: • Test load first • Use a transfer device whenever possible • Pivot with your feet - don't twist at waist • Take multiple trips • Use both hands • Keep objects near your body and directly in front of you

### Lifting and Positioning Training

12. Always move your body in the direction in which the transfer is taking place. 13. Make sure the individual is wearing shoes. 14. When the destination has been reached, gently lower and encourage the individual to use his or her arms to reach toward the destination and bear some of the weight. 15.

### How to Transfer an Individual Using a Gait Belt

To move across the board, unweight your body by pushing up with your arms. Next, carefully move your body toward the second surface and lower it back onto the board. Repeat, using several short movements instead of one long movement. As you transfer, lean your head and shoulders in the opposite direction of the move.

### Transferring Using a Transfer (Sliding) Board

• Lack of training for equipment • Equipment malfunctioning • Identifies and corrects potential risks that may affect patient mobility i.e. broken beds, equipment. • Use the Decision Tree. Occupational Health & Safety Committee • Receive concerns regarding the lift/transfer education program and discuss these at the committee meetings

### Patient & Material Lift/Transfer Manual I. Introduction to ...

4. Use a transfer belt to balance and support the person. 5. Keep the transfer surfaces e.g. wheelchair and bed as close together as possible. 6. Check the wheelchair position and lock the brakes, keep the armrests and footrests swung out of the way. 7. Let the person look to the place where he is being transferred. 8.

### Body Mechanics - Agency for Integrated Care (AIC)

Typical Hoyer Lift Hoyer Lifts allow a person to be lifted and transferred with a minimum of physical effort. Before attempting to lift anyone practice with the lifter by using a helper, not the consumer. You must know and understand how the lifter will feel with a consumer in it.

### How to Use a Hoyer Lift

• Transfer on the strong side of the person receiving assistance. • When lifting or moving people, always face them, and keep them—as well as equipment and supplies—close to your body. • Bend your knees, and kneel or squat to lower your body to the height where you are working.

### Mobility Techniques & Caregiver Tips

Step 1. Place the shirt face down on your lap with the collar at your knees. Step 2. Gather the hole of the left sleeve and place on your lap. Step 3. Lean forward and place your left arm into the sleeve hole. Step 4. Pull the sleeve up your arm and over your elbow. Step 5.

### OT Toolkit™ Samples

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The science of learning transfer. In 2015, Huang and colleagues published a meta-analysis pooling together findings from the best 144 research studies on learning transfer. They looked at the predictors of what people could potentially transfer (maximum transfer), and what they will actually transfer on the job after training (typical transfer).This Evidence Summary will help you making more ...