



*Get a grip on patient transfers.*

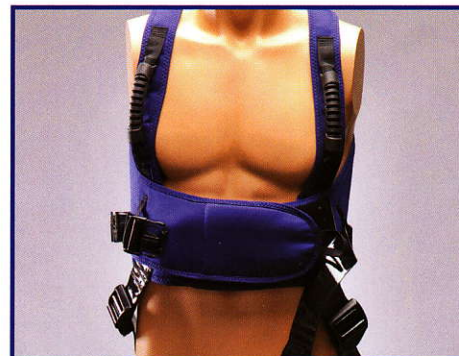
# How to get a better grip on patient transfers.



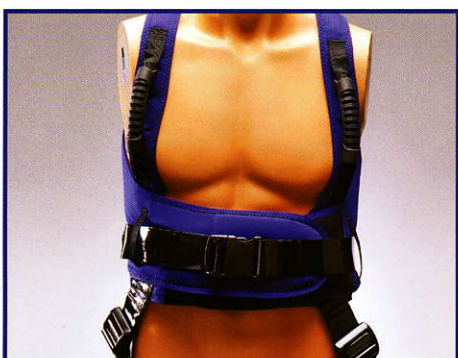
**1** Place the vest over the patient's head. (For multi-patient use, first place the non-permeable disposable liner over the patient's head, then the vest.)



**2** The front should lie flat, just below the chest or breast area. Pull the left flap toward the front and side and use the Velcro® to secure it snugly.



**3** Then pull the right flap toward the front and side, making sure the vest fits snugly yet comfortably.



**4** Secure the Integrated Gait/Waist Belt, ensuring a snug and secure fit without discomfort.



**5** Slide one end of the Glute Strap upward through the closest of the two rectangular slots in the Ladder Lock, then bend the strap face down to slide it through the other slot.



**6** Cue the patient to lean forward; slide the Glute Strap along the middle of the buttocks at a 90-degree angle. (The Glute Strap does not have to be placed entirely under the buttocks and legs.)



**7** Secure the other end of the Glute Strap as you did the first, sliding it upward and through the nearest rectangular slot to the vest, then through the other slot. (The loose ends of the Glute Strap should face away from the vest, while the part that goes around the buttocks faces inward.)



**8** Pull down on both sides of the Glute Strap to take out any remaining slack.



**9** Align the patient's feet, shoulder-width apart.



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**10** Place one foot between the patient's feet, your knee between the patient's knees. Position your other foot 2-3 feet directly behind you.



**11** Bend your knees and keep your back straight at all times. Encourage the patient to grab your arms to feel more secure.



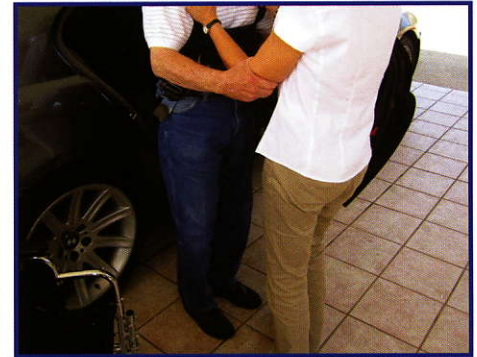
**12** Grab the Clavicle Handles and pull the patient toward you and upward at a 90-degree angle.



**13** Shift your weight from your front leg to your back leg using a rocking motion.



**14** Once the patient is ambulated, use the Back Shoulder Handles and the Integrated Gait/Waist Belt handles to stabilize the upper torso.



**15** If you are transferring from one sitting position to another, after following these steps, cue patient to pivot feet to align with the final transfer point, then shift your weight from back leg to front, while lowering patient to new seated position.



**16** For two-person transfer, each caregiver will be on each side of the patient. Each will grab a Clavicle Handle with the front hand, as well as a handle located on the Integrated Gait/Waist Belt with the back hand.



**17** Cue the patient to move forward and up, while each caregiver keeps back straight and knees bent, using a 90-degree stance to rock the patient forward and upward to a standing position.



**18** Pull the patient forward so the upper torso is directly over the feet. If the transfer is to another sitting position, once the patient is upright, ask the patient to pivot the feet to complete the transfer.