



# How to Use a Transfer/Gait Belt

Always place the transfer/gait belt around the patient's waist, never around the patient's chest or low on the hips.

Be sure to adjust the belt so that the buckle is behind the patient and slightly to the right or left of center. (Depending on whether the caregiver is right or left handed). Adjust the belt for a snug fit without being overly tight causing your patient discomfort. A good fit is measured by the ability to slip two hands beneath the belt.

**For right-handed caregivers:** the buckle should be to the right of the patient's spine - the caregiver's right hand should be placed just to the left of the patient's spine and their left hand should be at their patient's left side. For left-handed transfer, or walking, the opposite approach should be used.

The caregiver should **always** bring their hands up from the bottom of the belt, (palm away from the patient), and grasp the web firmly. This offers the most secure grip. Should the patient begin to fall the elbow can be used against the waist or thigh to lessen the force and/or prevent the patient from going down.

**Avoid accidents! Avoid back injury! If a patient is large or heavy do not hesitate to seek additional help. Many large patients require two staff members to make a safe transfer.**



When using the "Special Edition" model, (with the Delrin plastic buckle), be sure the buckle is closed securely. **An audible "click" will be heard when the buckle is closed properly.**

**NOTE** - never use a transfer device that offers a vertical hand hold feature. The **horizontal** hand hold is by far the safest.

**NEVER** -use a transfer belt for any other purpose - such as a wheelchair belt or Geri chair safety belt!

**NEVER** - use a frayed, worn or damaged transfer belt. At the first sign of significant wear replace the belt. Be safety conscious at all times! **Never endanger your patient.**