



# TRANSFER / LIFT SAFETY

**TRANSFER/LIFT SAFETY:** This is the process of lifting and/or moving an individual from one location or surface to another, such as from a bed to a wheelchair or a chair to a vehicle seat, without causing injury or harm to the individual or caregiver.

## DID YOU KNOW?

- Lifting and transferring individuals is the number one (#1) reported cause of back, knee, and shoulder injury in health care workers.
- Unsafe transfers can cause serious, life-threatening injury to the individual and the caregiver.



## RISK FACTORS

**That can cause injury:**

- Individuals who cannot cooperate
  - CONFUSED
  - COMBATIVE / AGGRESSIVE
  - FEARFUL / ANXIOUS
- Individuals with impairments
  - NON-WEIGHT BEARING
  - PARTIAL WEIGHT BEARING
  - UNABLE TO ASSIST
  - PSYCHOTROPIC MEDICATION USE
  - DEVELOPMENTAL IMPAIRMENT
- Caregivers who are unprepared or not skilled
  - UNTRAINED
  - UNFAMILIAR WITH INDIVIDUAL
  - BELIEVES THAT HEALTHY & FIT CAREGIVERS CANNOT GET INJURED
  - DOES NOT ASK FOR HELP
- Faulty or Damaged Equipment
- Lack of Needed Equipment/Supplies



## BE ALERT!

Always be alert to potential hazards and risks when transferring individuals from one location to another even when just turning someone in bed.

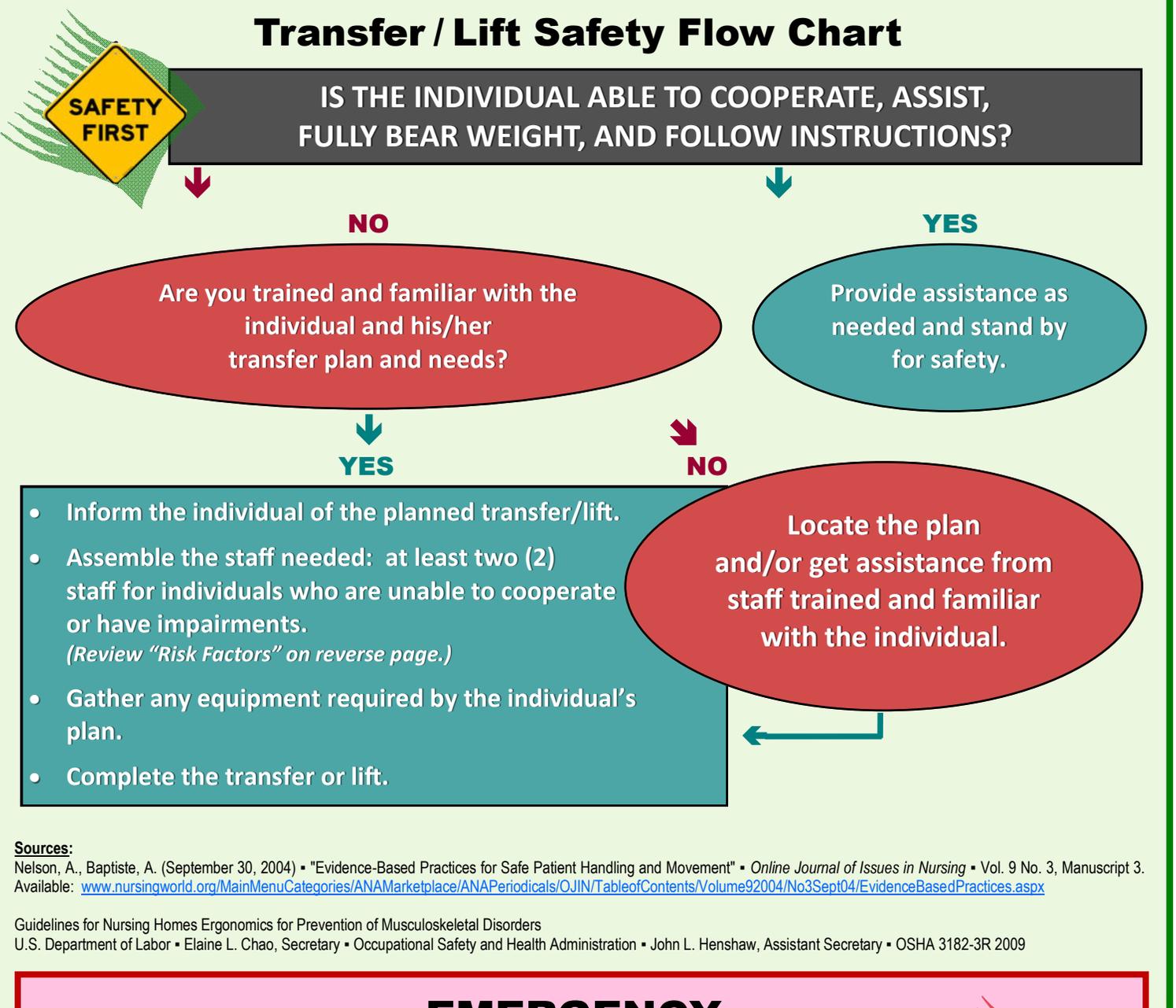


## PREVENTION

- Provide training to staff responsible for lifts and transfers of individuals.
- Ensure staff ratio is appropriate to meet individual's needs.
- Orient new and existing staff to individuals needing transfers/lifts.
- Provide equipment as needs change; such as lifts, gait belts, and slide boards.
- Maintain equipment in good working condition.
- Repair and/or replace equipment as needed.
- Refer back to training and resources regarding use of available equipment.
- Identify individuals "at-risk" for difficult transfers.



**Transfer / Lift Safety Flow Chart**



**Sources:**

Nelson, A., Baptiste, A. (September 30, 2004) • "Evidence-Based Practices for Safe Patient Handling and Movement" • *Online Journal of Issues in Nursing* • Vol. 9 No. 3, Manuscript 3. Available: [www.nursingworld.org/MainMenuCategories/ANAMarketplace/ANAPeriodicals/OJIN/TableofContents/Volume92004/No3Sept04/EvidenceBasedPractices.aspx](http://www.nursingworld.org/MainMenuCategories/ANAMarketplace/ANAPeriodicals/OJIN/TableofContents/Volume92004/No3Sept04/EvidenceBasedPractices.aspx)

Guidelines for Nursing Homes Ergonomics for Prevention of Musculoskeletal Disorders

U.S. Department of Labor • Elaine L. Chao, Secretary • Occupational Safety and Health Administration • John L. Henshaw, Assistant Secretary • OSHA 3182-3R 2009

**EMERGENCY**

**Immediately call 9-1-1 when any of the following conditions occur:**

- **DIFFICULTY BREATHING**
- **LOSS OF CONSCIOUSNESS**
- **CHANGE IN ALERTNESS OR ABILITY TO PAY ATTENTION**
- **BLEEDING**
- **EXCESSIVE PAIN**



TRANSFER/LIFT SAFETY INFORMATION FACT SHEET is #4 in a series of SAFETY INFORMATION FACT SHEETS compiled by the DDD Quality Assurance Unit. Fact Sheets are available upon request and posted on the Division's Website: [https://www.azdes.gov/developmental\\_disabilities/](https://www.azdes.gov/developmental_disabilities/) (Click on "News & Events"). Issued July 2013

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