

# Transfers

## Body Mechanics

1. Keep your back straight
2. Lift with the legs, bending at the knees and not at the waist
3. Keep a wide base of support – make sure your feet are at least shoulder width apart
4. Your toes should follow the direction of movement you intend to go
5. Try your best not to twist your back – pivot instead
6. Encourage camper to push up from initial surface and reach toward intended surface, instead of holding onto you
7. Never pull on a camper's arms or legs, and don't cup under the armpits; proper hand placement is usually on the hem of the pants or cupping under the buttocks, but will ultimately differ from transfer to transfer
8. Offer no more assistance than is necessary to keep the camper safe
9. When in doubt, get help. Better safe than sorry.

## Communication

1. Always let the camper know:
  - What the steps of the transfer are as you walk through them
  - What you intend to do to assist them
  - What effort you expect from them in order to best help you
2. If you haven't worked with the camper before, ask if there is a certain way they usually complete a transfer and what kind of help they typically need.
  - If camper doesn't know or can't remember, ask someone who has worked with them before
3. Be patient and listen to camper's questions or concerns
4. Pay attention to camper's vital signs (such as breathing rate & heart rate), especially if camper spends most of their day in a wheelchair or powerchair
  - Sudden onset of dizziness, nausea, sweating, pale color, rapid breathing, etc. could indicate a sudden change in blood pressure
  - If so, make sure the camper is able to safely sit and/or lay down
  - Encourage camper to breathe deeply and slowly and to keep their eyes open
  - If symptoms do not dissipate, get camp leadership staff involved

# Hoyer/Patient Lift



## What is it?

- A Hoyer lift is a mechanical patient lift device that can be used to assist with patient transfers when manual transfer techniques are not possible or considered unsafe
- “Hoyer” is a brand name, though is arguable a more familiar term than just “patient lift”
- These lifts have both manual and battery-powered models
- The two main components of the lift are: the lift itself & the sling

## How do I use it?

- Transfer training will also take place on-site at camp during orientation
- Steps
  1. Place lift sling under the camper so that two straps are located at the bottom (with one on either side of the legs just below the knees) and two are at the top (with one on either side of the shoulders)
  2. Place the lift facing the camper (with the main “arm” of the lift either at the camper’s feet or side) and with the lift cradle directly above the camper
  3. Hook the loops on the sling straps to the cradle (placement of which straps to which hooks will depend on patient’s needs and supervisor instruction)
  4. Confirm that all straps are hooked securely to the lift cradle; also assure that campers arms are not hanging out of the sling
  5. Lock brakes of lift near the wheels
  6. Confirm with camper that they are ready for transfer, then use lifting apparatus (either remote if electronic or lever if manual) to raise camper up off of their current surface
  7. Unlock lift brakes
  8. Slowly move lift to the destination surface, maneuvering as to prevent camper in sling from having to be turned or twisted
  9. Confirm that camper is directly over the destination surface and slowly lower them completely onto it with remote or lever
  10. Unhook lift sling straps from lift and remove sling from under camper

### Pictures

<https://www.spinlife.com/Hoyer-Hoyer-Hydraulic-Patient-Lifter-Manual-Patient-Lift/spec.cfm?productID=2211>

<https://ecaremedicalsupplies.com/patient-lifts/invacare-hoyer-hydraulic-patient-lift-450-lbs-cap-30010004/>

<https://www.rentittoday.com/medical-equipment-rentals/rent-manual-patient-lift-palm-springs-ca-23409>