

# 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 your feet instead
6. Encourage camper to scoot forward and push up from initial surface and reach toward intended surface, instead of holding onto you
7. Facilitate the “**nose over knees over toes**” position for the camper – they should lean forward to initiate the transfer, ensuring feet are far enough back to provide leverage to stand/squat/pivot/etc.
8. **Never** pull on a camper’s arms or legs, and don’t cup under the armpits; proper hand placement is usually on the waistband of the pants or cupping under the buttocks, but will ultimately differ from transfer to transfer
9. Offer no more assistance than is **necessary** to keep the camper **safe**
10. 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) after a transfer, 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 **orthostatic hypotension**, a sudden drop in blood pressure
  - If so, make sure the camper is able to safely sit and/or lie 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 arguably 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). If there is a hole in the sling (like in the middle picture above), it should go underneath the camper's bottom.

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 from 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. If using manual lift, you may need a second person to help position in camper over the destination surface while you are lowering the lift.
10. Unhook lift sling straps from lift and remove sling from under camper (unless otherwise told not to).

**Video:** [https://www.youtube.com/watch?v=U\\_FULpuroas](https://www.youtube.com/watch?v=U_FULpuroas)

#### 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>