

## Use of transfer/Gait Belt

### General Guidelines



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### Contraindications/Precautions

**\*belt NEVER used to restrain a resident**

- Abdominal surgery, aneurism
- Advanced COPD
- Advanced cardiac disease
- Colostomy
- Fractures, ribs or back
- Pacemaker
- Recent back surgery
- Pain
- Resident refuses



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### Procedure- Application of Transfer/Gait Belt

- Tell resident what you are going to do
- Immobilize chair, wheelchair, bed
- Apply belt at waist level, as low as safely possible
- Belt tends to slide upwards
- Thread through teeth side first
- Preferably buckle belt in front
- Tighten belt so it is snug
- Approximately 2 finger width between belt and body
- do not use on bare skin; place towel under belt for emaciated resident.

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**For resident requiring more assistance**

- Must be able to bear weight with lower extremities
- Second person is positioned in the wedge between w/c and bed.
- They grasp belt at resident's waist and hips.
- If in doubt about ability to safely transfer resident, ALWAYS ask for help.
- USE THE LIFTS for significantly involved residents.

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