Two Person Manual Transfer

Instructions

Use a transfer belt. Position the patient on the edge of the bed or chair with his feet flat on the floor and slightly apart.

Assume a walk stance with the forward foot pointing in the direction of movement.

Each caregiver reaches across the patient’s back to grasp the transfer belt on the opposite side.

Use a thumb-to-thumb grasp—place your right hand (palm up) into the patient’s right hand (palm down) and left hand to left hand.

Ask patient to lean his upper body forward so his nose is over his toes and instruct to STAND.

Encourage patient to shift their weight with gentle forward pressure of your arms on the transfer belt. Do not use the belt to lift the patient. DO not pull the patient into standing.

Once the patient is standing, remain at their side to provide support with your hips and hand grasps. Only move away from the chair once you are sure the patient can balance.

Allow patient to STAND fully. Step around to the chair with patient.

Encourage the patient to lean forward while leading with buttocks to sit down in the chair.

Provide moderate forward pressure on the trunk with your arms and support with your hand grasps. Contact the knees with caregiver knee if needed.

Mirror the shape of the patient—butt out, knees bent, as you go down.

Safety Points

This procedure is to be used only after a recent Patient Transfer Assessment or a rehab assessment indicates that the patient is capable of a manual transfer with moderate assist of two caregivers.

The patient must be able to stand, step around, follow directions and sit with moderate assistance of two caregivers.

If you do not feel the patient becoming “active” when beginning to stand up—stop—restate the instructions and try again.

If the patient does not respond appropriately—it may indicate a change in the patient’s ability. Call your supervisor and / or clinician for advice.

If the patient begins to sway or fall, you may be able to break the fall but do not attempt to keep the patient standing—you will be unable to support their weight and are at significant risk of injuring yourself. Follow the Home Support protocol for a patient fallen to the floor.