

BODY MECHANICS SAFETY TRANSFERS

BODY MECHANICS

- Broad base of support
- Knees flexed and one foot forward
- Head and trunk upright
- Lift with legs
- Avoid rotation of spine
- Lift close to body
- Bend at hips and knees

SAFETY

- Stabilize all surfaces
- Use transfer (gait) belt
- Secure and hold at belt
- Maintain clearance (footrests)
- Equalize heights if possible
- Position chair approximately 60 – 90 degree angle
- Explain procedure to student
- Lock wheelchair brakes
- Wear non-skid, low heeled footwear (helper and child)
- Remember to unfasten all seat belts and harnesses