

TRANSFERRING TECHNIQUES

10 golden rules

RULE 1

Estimate the situation: what can and can't the care recipient do?



RULE 2

Make enough space to work ergonomically. Ensure a good working height.



RULE 3

Make it clear what you're going to do. Ask the care recipient to cooperate. Respect their natural movements.



RULE 4

Use tools. If necessary, ask a colleague for help.



RULE 5

Pay close attention to your back: maintain the natural curves.



RULE 6

Move your feet to avoid rotation of the trunk and take supports.



RULE 7

Work with your arms outstretched and your palms down.



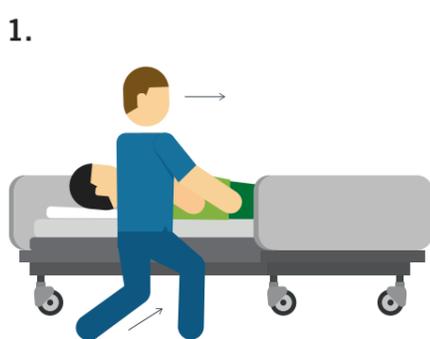
RULE 8

Do your work using your leg muscles and your body weight.



RULE 9

Move in the correct direction and keep your gaze horizontal.



RULE 10

Don't make any sudden movements, but work calmly and gradually. Give the care recipient time to respond to your actions.



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Training or advice?

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