

Assisting with Mobility

Lifting or transferring causes more injuries to caregivers than any other tasks. When lifting or transferring individuals, it is important to use proper body mechanics in order to reduce the likelihood of injury, fatigue and make the best use of strength.

Important Tips to Keep in Mind:

- Safety comes first
- Encourage the person to do as much as possible, as long as they are capable
- Try to guide them through the process so the person knows what is happening
- Do not rush. Take your time and be patient
- Avoid sudden movements and jerking motions
- Stand as close to the person as possible
- Ask the person to move towards the front of the chair or side of the bed
- Never pull the person by the arms, shoulders or legs
- Allow your legs to do the lifting rather than your back
- Avoid letting the person put their arms around your neck or grab you
- When transferring, stand close and if the person needs assistance, place one hand on their shoulder and the other hand on their waistband

