

## Safe Patient Handling Reference Guide

The purpose of the UCLA Health Safe Patient Handling and Movement Plan is to ensure a proactive patient handling program that focuses on the safety and well-being of all UCLA Health patients, staff, and volunteers through promoting safe work practices and ensuring that appropriate lifting practices are used in all patient handling situations.

Volunteers will never use safe patient handling equipment alone, however, you will be asked to assist staff. It's important that you know the proper technique when assisting.

### Cleaning Procedure for Lift Equipment

#### Before and After Use

- Clorox wipes for C-diff or spore precautions (contact time is 3 minutes wet)
- Peroxide wipes for all other cleaning (contact time is 5 minutes wet)
- Environmental Services wipes down weekly to prevent dust collection

*Remember to clean entire machine!*

### Mobility Assessment

The results of the mobility assessment will help you determine the type of equipment needed.

Mobility Level	Definition
Mobility Level 1	Dependent patient. This patient is unable to move or transfer self.
Mobility Level 2	Moderately dependent patient. This patient can come to a sitting position but cannot stand or transfer self.
Mobility Level 3	Minimal assistance required. This patient can bear weight and may require assistive devices.
Mobility Level 4	Independent. This patient can move and transfer self and requires no patient handling assistance.

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### How to Transfer and Walk a Patient Using a Gait Belt (*Courtesy of Rehabilitation Services*)



#### **TO APPLY GAIT BELT:**

- 1) Ask the patient to scoot forward, in a seated position, to the edge of the bed or chair.
- 2) Place the Gait belt around the patient's waist.
- 3) For easy belt adjustment and removal, the belt position should lay over the clothing with the clip in the front.



- 1) Feed the end of the belt through the portion of the clip that has teeth.
- 2) Pull on the loose end of the belt until it is at the proper tightness.
- 3) Belt should be snug to the body, yet fingers should be able to fit between the belt and the person in order to hold and support the patient.



#### **FOR TRANSFER TO CHAIR:**

- 1) Align the chair next to the bed.
- 2) Position patient's feet flat on the floor while aligning their feet under their knees.
- 3) Position your body in front and close to the patient.
- 4) Grasp gait belt with underhand motion at the patient's hip.
- 5) While maintaining proper body mechanics, ask patient to stand and guide them to the chair.



#### **FOR WALKING WITH PATIENT:**

- 1) Ask the patient to scoot forward, in a seated position, to the edge of the bed or chair.
- 2) Grasp gait belt with underhand motion at the patient's hip.
- 3) Assist patient to standing position.
- 4) To support patient hold the gait belt around the back.
- 5) Stand close to the side of the patient during walking.