

<https://youtu.be/bf3IIYDLXO4> - POT – Caregiver

<https://youtu.be/X5k-M0jcFw> - POT – Resident

<https://youtu.be/4dJrgBSPApo> - Moving a resident to and away from table

<https://youtu.be/WUaBU37bwI4> - Gait belt front transfer

<https://youtu.be/Pg6UxyF7hWM> - Gait belt side transfer

<https://youtu.be/rqf5-AECGnE> - Gait belt one person and helper

<https://youtu.be/aYdBzKaDERE> - Safe ambulation

<https://youtu.be/csmMZ2Q-2Uc> - Assisted falls

<https://youtu.be/FtW54UJVJe4> - General guidelines for using a mechanical lift

<https://youtu.be/BF-KOL6vnN8> - Post fall transfer

<https://youtu.be/vFYWyHdBQjk> - Lying to sitting and sitting to lying

<https://youtu.be/gSVfU-QrbrM> - FRD in bed

<https://youtu.be/MkQoAyWwYT4> - FRD in chair

<https://youtu.be/hGt8jS4Uuc4> - FRD one-way or directional