

Always be sure your resident/patient is predictable and able to bear weight for the duration of the transfer, typically five seconds or longer. If not, this isn't a safe transfer for them.

- Take your time. Perform the pre-transfer screening.
- Before the transfer, advise your resident/patient of the steps of the transfer.
- Coach your resident/patient through the transfer.
- Ensure only one person's hands are on the gait belt at all times.
- Maintain two points of contact with the resident/patient throughout the transfer. Both hands on the gait belt, or one hand on the gait belt and the other on the front of the shoulder, are acceptable.
- Limit your footsteps to three or less during the transfer.
- Keep palms up while grasping the gait belt, keep elbows in, and use the proper staggered power stance while transferring.
- Stay close to your resident/patient. This keeps you from reaching outside of your base of support. Place your leading foot between the feet of the resident/patient.
- Coach the resident/patient to position themselves correctly in the chair, including:
 - Scooting to the edge of the chair by either leaning back (bridging) or wiggling to the edge (cheek walk).
 - Keeping feet under or behind the knees.
 - Placing hands on the chair armrests, the sitting surface, or their own legs. Don't allow the resident/patient to hold on to you.
- Stand closer to the resident's/patient's knees, not back. This encourages pulling instead of lifting or pushing.
- When ready to stand, give a rocking three count, tell the resident to lean forward "nose over toes," and pull the resident/patient to a standing position. Never lift.
- If ambulating, give the resident/patient time to stabilize his/her blood pressure while standing. Ten seconds is usually adequate.
- Don't use the resident's/patient's pants or arms to pull him/her to standing position; this will cause pain and/or injury.
- Don't surprise your resident/patient with the transfer. Keep them informed. It calms fears and anxiety.

Residents/patients who are in pain or scared are more likely to become combative and unpredictable.