

What's the role of the second caregiver when a gait belt transfer is being performed? Why is the second caregiver there?

When two caregivers are completing a gait belt transfer, one is the lead, and the other is the helper. Only the lead should touch the gait belt.

The role of the helper:

The helper is an **extra set of hands** to help with pericare, ADLs, moving furniture, adjusting clothing, pulling a wheelchair behind a walking resident, etc.

- The helper can also help stabilize the resident's hips or place the resident's hands onto armrests while reaching for the chair.
- The helper should be positioned to the side of or behind the resident and should maintain a wide staggered stance.
- The helper should NOT give verbal cues through the transfer, only the lead.
- The helper should NOT touch or place their hands on the gait belt.

Tips/Reminders

- Only the lead caregiver should touch the gait belt.
- Only the lead caregiver should be talking.
- The helper caregiver can assist with self-care tasks.
- The helper caregiver can assist with guiding the resident or moving equipment/furniture.

