

HOW TO SAFELY LIFT A PATIENT INTO A PATIENT LIFT/HOYER LIFT

Lifting and moving patients either in a healthcare insitution or at home can be a dangerous task, as doing so improperly can injure the patient or damage the lift.

This handout has a comprehensive download that breaks down the ways to lift patients safely.

1 Caregiver Safety Tips

Use lifts for the following activities to avoid back injury:

Lifting the patient from the floor

- Bed-Chair transfer
- Lateral Transfers
- Toileting/Bathing
- Repositioning

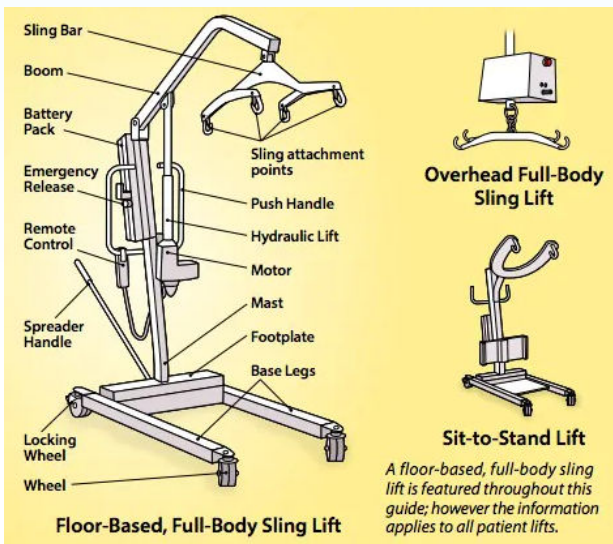
DO NOT push, pull, or lift while:

- Off balance/leaning
- Twisting and/or reaching
- In a confined space

Try and work as close to the patient as possible to avoid injury and stress while learning

2 Know Your Lift

Knowing how the lift operates and how to use it correctly can prevent falls and injuries to both the worker and the patient.



3 Before Using a Lift, Check the Patient's Condition

Make sure to check **patient's physical capabilities** (whether patient can assist with transfer) as well as determine whether patient's weight is within the manufacturer's guidelines.

Make sure to check **patient's medical condition** to determine whether the lift is appropriate and will not make the patient's condition worse.

Make sure to determine **patient's mental status** to determine whether patient will be able to understand instructions and not cause further agitation, resistance, or cause patient to become combative.

4 Selecting a Patient's Sling Size

Assess a patient's height, weight, and abdominal and hip measurement to choose the appropriate size of sling based on the manufacturers recommendation for patient's measurement. This is a critical step to ensure a safe transfer.

5 Choose Sling & Sling Bar

Different slings and sling bars are recommended based on manufacturer's guidelines. Select appropriate sling and sling bar based on the following criteria:

- Type of transfer task
- Patient's medical condition...(Over for more)

5 Choose Sling & Sling Bar

Continued...

- Patient's size and weight
- Pressure sensitivity Sling Bars
- Use a sling bar that is appropriate for the patient's size
- Choose sling bar/sling combination that will place patient at a safe angle.
- Only use sling with correct clip or loop attachment type for the sling bar.
- Need for full support
- Need for head support
- Need for padding

6 Prepare Environment

Lifts require **two (2) or more caregivers** to safely operate lift and handle patient appropriately and carefully.

Move lift base near patient, **ensuring base legs are stable in full open position**. Position lift to appropriate height as well.

Ensure there is **adequate space** for the lift to operate, pivot, and move freely to receiving area.

7 Prepare Equipment

Ensure battery is charged and lift is working properly.

Make sure **emergency release feature works**.

Perform **safety checks** to ensure sling, hooks, chains, straps, and supports are available, clean, and in a suitable working condition.

8 Lift the Patient

Lift patient two inches off the surface to make sure patient is secure. **Make sure to check the following:**

- Sling straps are confined by guard on sling bar and will not disengage.
- Weight is spread evenly between straps.
- Patient will not slide out of slip or tip backward/forward
- Check patient's comfort, ensuring the sling does not pinch or pull patient's skin.
- During the lift, make sure patient is still comfortable both physically and mentally.

9 Lower the Patient

- Use gentle pressure when maneuvering and guiding patient towards receiving surface.
- Lower patient in lift slowly, and make sure patient is in correct position before releasing the patient's weight from the lift.
- Carefully remove sling from patient's body after detaching sling from sling bar, ensuring that seated patient does not fall forward as sling is removed.

10 Clean Lift and Sling

Clean hoist lift and sling with suitable cleaning materials and replace hoist lift to appropriate storing location.

HOW TO SAFELY LIFT A PATIENT INTO A PATIENT LIFT/HOYER LIFT

