

Chapter 14: Body Mechanics

Transferring the Client to a Chair or Wheelchair			
		Name:	
		Date:	
<i>Remember to promote:</i>			
Dignity • Independence • Individualized Care • Preferences • Privacy • Safety			
Pre-Procedure	S	U	Comments
1. a. Identify the client according to employer policy.			
b. Check the care plan for a description of the client's abilities or limitations.			
2. Explain the procedure to the client.			
3. Ensure the client is fully dressed or robed and is wearing nonskid footwear.			
4. Familiarize yourself with the client's care plan.			
5. Collect the following supplies:			
<input type="checkbox"/> Wheelchair or armchair			
<input type="checkbox"/> One or two sheets			
<input type="checkbox"/> Transfer belt, if required by your agency			
<input type="checkbox"/> Transfer board (if your agency uses them)			
<input type="checkbox"/> Seat cushion, if used by the client			
6. Perform hand hygiene.			
7. Provide for privacy.			
8. a. Decide which side of the bed to use. Move furniture away to provide space to move.			
b. You and your helper must communicate directions throughout the procedure.			
Procedure	S	U	Comments
9. Place the back of the chair aligned with the headboard.			
10. Place the client's gel-seat pad or cushion on the seat, if stated in care plan.			
11. Lock wheelchair wheels. Raise the footrests, or swing them out of the way.			

12. Lower the bed to its lowest position or as specified in the client's care plan. Lock the bed wheels. Lower the bed rail near you, if it is up.			
13. Fan-fold top linens to the foot of the bed.			
14. Help the client dangle the legs (see Procedure box <i>Helping the Client Sit on the Side of the Bed</i> on pages 234-235). Make sure the client's feet touch the floor.			
15. Apply the transfer belt, if it will be used.			
16. Method 1: Using a transfer belt			
a. A transfer belt is used to help stabilize the client while eliminating the need to grasp the client's clothing or easily damaged skin.			
b. Stand in front of the client. Stand with your feet apart. Flex your hips and knees. Align your knees with the client's knees.			
c. Have the client hold on to the mattress. Or ask the client to place the fists on the bed by the thighs.			
d. Make sure the client's feet are flat on the floor.			
e. Have the client lean forward.			
f. Grasp the transfer belt at each side.			
g. Brace your knees against the client's knees. Block the client's feet with your feet (FIGURE 14.28, A).			
h. Tell the client to push down on the mattress and to stand on the count of three. Pull the client into a standing position as you straighten your hips and legs. Keep your knees slightly flexed (Figure 14.28, B).			
17. Method 2: Without using a transfer belt			
a. Follow steps 16 a–c.			
b. Place your hands under the client's arms and around the client's shoulder blades.			
c. Have the client lean forward.			
d. Position your feet on either side of their foot if only the one knee is weak or			

on the outside of the resident's feet if both knees are weak. If the client's foot or feet slide forward, brace your knees against the client's knees. Block the client's feet with your feet (see FIGURE 14.29).			
e. Tell the client to push down on the mattress and to stand on the count of three. Pull the client up into a standing position as you straighten your hips and legs. Keep your knees slightly flexed.			
18. Support the client in the standing position. Keep your hands around the person's shoulder blades. Continue to block the client's feet and knees with your feet and knees.			
19. Pivot on your foot and turn the client so that he or she can grasp the far arm of the chair. The client's legs will touch the edge of the chair.			
20. Continue to turn the client until the client grasps the other arm rest.			
21. Lower the client into the chair as you bend your hips and knees. Keep your back straight, with your lumbar area curved. The client assists by leaning forward and bending the elbows and knees (FIGURE 24.30).			
22. Make sure the client's buttocks are to the back of the seat. Position the client in good alignment.			
23. Position the client's feet on the wheelchair foot rests.			
24. Cover the client's lap and legs with a sheet or keeping it off the floor and the wheels.			
25. Remove the transfer belt if it was used.			
26. Position the chair as the client prefers. Lock the wheelchair wheels.			
Post-Procedure	S	U	Comments
27. Provide for safety and comfort.			
28. Place the call bell within reach.*			
29. Remove privacy measures.			

30. Perform hand hygiene.			
31. Reverse the procedure to return the client to bed.			
Report and record your actions and observations, according to employer policy.			
<i>*Steps marked with an asterisk may not apply in community settings.</i>			