
Transfer Techniques

When resident is found face down on the floor:

Hip Roll

- Place a blanket (folded lengthwise in half) next to the resident and kneel on it
- Grasp resident at shoulder and hip, roll toward you onto blanket
- Grasp corners of blanket and pull resident from room, headfirst

Ankle Roll

- Place blanket (folded lengthwise in half) next to resident
- Position self at resident's feet
- Cross ankle furthest from the blanket, over other ankle
- Using both hands, press down on top ankle and lift the bottom foot. With a twisting motion, roll resident over on blanket
- Grasp corners of blanket and pull patient from room, head first

Removal of someone from a bed:

Removal of someone from a bed takes a bit more practice. Find the one carry that you can handle best. If you can practice it often enough, the resident's weight and height will not be important factors.

Emergency carries for One Person

Pack Strap Carry – Face the Head of the Bed

- Grasp resident's nearest wrist with your nearest hand, palm down. Raise resident's arm
- Grasp patient's other wrist by slipping your free hand under his arm
- Pull resident to a sitting position by stepping backward
- In a continuous operation:
- Lift resident's arm over your shoulders as you turn toward the foot of the bed
- Cross resident's arm over your chest pulling down firmly. (*Caution: bring your shoulder tight up into resident's armpit.*)
- Turn toward the head of the bed and your forward momentum will roll resident on to your back.
- Carry the resident from the room in a stooped position

Hip Carry – Face Resident

- Grasp Resident's farthest wrist, palm down with head closest to head of bed
- In a continuous operation:
- Turn toward head of bed
- Place resident's arm over your head and around your neck
- Sit on bed, slip free hand around resident's back and grasp resident at armpit
- Secure upper half of resident's body firmly against you
- Grasp resident around knees with free hand
- Pull resident on to your back. Stand and walk away in a slightly stooped position. Pass through doorways sideways, being careful not to strike resident's head against the wall or door jam

Emergency Removal of Resident From Bed When Working Alone

Cradle Drop – Place Blanket Parallel to Bed

- Slip both arms under body and pull resident toward edge of bed