

This Safe Transfer Tip Sheet aims to empower caregivers with practical insights and best practices, promoting the safety and well-being of both the Veteran and caregivers during the transfer process.



### How to Transfer:

- Keep equipment, such as a walker or wheelchair, near the Veteran when transferring.
- During a wheelchair transfer, lock the brakes and remove the footrests.
- Use a transfer belt as needed.
- Place the Veteran's feet flat on the floor, if possible, and their hands on armrests, if available.
- Have the Veteran move to edge of seat.
- Help or tell the Veteran to lean forward before rising.
- Count to three before helping the Veteran stand up.
- Guide the Veteran to the next surface.



### Caregiver Body Mechanics:

- Stay close to the Veteran.
- Keep feet shoulder width apart.
- Keep the back straight.
- Lift with the legs.
- Move your feet, but do not twist your back.



### Keep in Mind:

- The Veteran should wear non-slip socks or shoes.
- Caregivers should use proper body mechanics to help prevent injury.
- Have the Veteran transfer towards their stronger side.
- Allow the Veteran to participate as much as safely possible.
- Ask a health care professional about any precautions or need for adapted equipment.

#### Disclaimer

This information is not meant to replace the advice from a medical professional. You should consult your health care provider regarding specific medical concerns or treatment.

### Do you need more information on available VA resources for safe transfers?

Please consult your Veteran's VA health care provider for referrals to physical therapy and occupational therapy.

### Caregiver Support Safe Transfer Video Series

Playlist: [https://www.youtube.com/playlist?list=PL3AQ\\_JVoBEyxfGk3S1ICzVmIlBwrlY7Ta](https://www.youtube.com/playlist?list=PL3AQ_JVoBEyxfGk3S1ICzVmIlBwrlY7Ta)

To learn more about CSP visit: <https://www.caregiver.va.gov/>

