

## Duke MOVES Tip: Ambulatory and In-patient



**Remember: Good body mechanics are important when using safe patient handling equipment and devices.**

### **When sliding patient up in bed or stretcher:**

1. Use HoverMatt or blue liners.
2. Raise bed or stretcher to waist height.
3. Keep elbows close to sides.
4. Stand with feet shoulder width apart.
5. Bend knees.
6. Take a large step toward the head of bed.



### **When turning patient onto side or performing lateral transfer:**

1. Use HoverMatt or blue liners.
2. Raise bed or stretcher to waist height.
3. Keep elbows close to sides.
4. Stand with wide, staggered stance (like running).
5. Bend knees.
6. Shift weight from back foot onto front foot as you turn or push the patient.

