

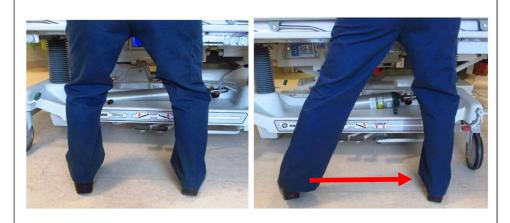
## Duke MOVES Tip: Ambulatory and In-patient



## 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.

