

Caregiver Home Assistance:

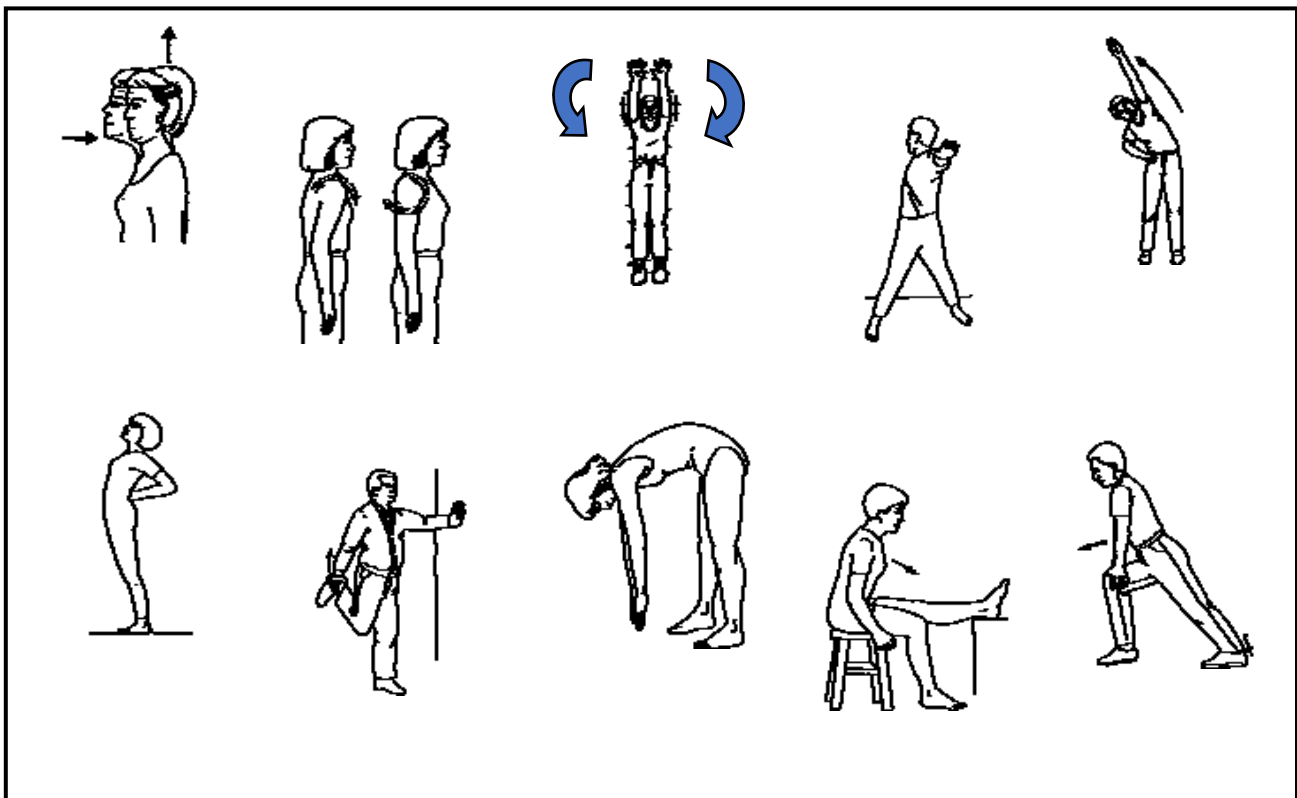
Helping in the Home and Staying Safe

Working with consumers in their home poses many challenges to the caregiver. Often the home is not equipped with ramps, lift assist devices, or facilities to accommodate a consumer's limitations. This places the caregiver at risk of injury when assisting the consumer.

The consumer must be able to weight bear to qualify for an assist when being transferred. Plan your movements ahead of time. Verbally cue the consumer to participate in the transfer. If the consumer has difficulty understanding verbal cues physically demonstrate the transfer. The consumer should actively use their arms and legs to complete a transfer. They should not grab onto you.

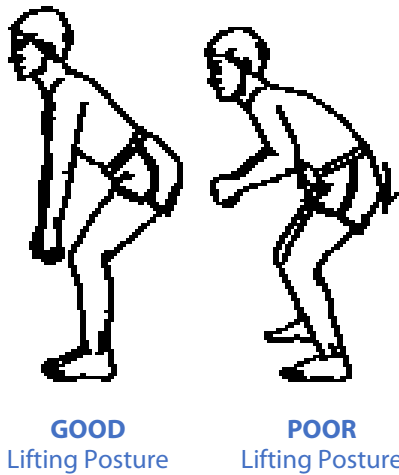
WHEN YOU TRANSFER:

- ▶ Use a gait belt in order to have a handle. Humans don't come with good handles.
- ▶ Keep your center of gravity low with a wide base of support (feet wide).
- ▶ Keep your head and trunk upright during a transfer.
- ▶ If you have been sitting or in a static forward bent posture before assisting with a transfer complete 3-5 gentle back bends to prepare for the increased force on the low back.
- ▶ Never reach with arms fully extended to assist a consumer. Keep all assist grasps within 18 inches of your center of gravity.



CUP IN YOUR BREAST POCKET: DON'T SPILL THE CUP!

- ▶ Lead with your head.
- ▶ Wide base of support.
- ▶ Use your core muscles to prepare your back for the lift.
- ▶ Keep your head above your butt.
- ▶ Maintain the inward curve in the low back.
- ▶ Keep the chest open, don't round the shoulders.
- ▶ Lift like a power lifter.



Eliminate any lifts from the ground if possible!

Ground

SECOND HALF OF THE DAY

Hydrate with water or Gatorade. Avoid coffee, soda and energy drinks.