

## Transferring from bed to chair, wheelchair, or toilet

### STEP 1 Position Sling Under Person

1. Practicing your safety protocols, log roll the person on their side. (See Figure 1)



Figure 1 - Log roll patient

2. Fold the sling in half, lengthwise, with the handles facing out.
3. Position the sling so the handles on the back of the sling are facing the mattress. Using the center handle as a guide, center the sling on the person's spine with the base of the sling approximately two inches below the base of the tailbone.
4. Tuck half of the sling under the person.
5. Log roll the person in the opposite direction and pull the rest of the sling out the other side.
6. Position the person on their back, making sure the sling is centered beneath the person.
7. Pull the sling leg under the person's thigh. Place the excess sling leg over the top of the person's thigh.
8. Repeat above step for the other thigh.

### STEP 2 Positioning The Lift

1. Do not lock the wheels of the lift.
2. Turn the hanger bar spreader so the two sling hangers are parallel to the person's body and the sides of the bed.

3. Move the lift until the tip of the boom (nose cone) is centered over the person's torso.
4. Lower the boom so it is positioned a few inches over the body of the person. The goal is to provide ease of sling attachment.

### STEP 3 Attaching The Sling To The Lift

1. Attach the loops nearest the person's shoulders to the sling hangers nearest each shoulder using the same length and color of loop strap on each side.
2. Next, attach the sling legs. Begin with either leg, left or right, depending on your preference or positioning.
3. Take the sling leg that lies over the chosen leg and cross it over the opposite leg. Note: You can thread one sling leg through the other before crossing them.
4. Attach the crossed sling leg to the hook on the opposite side of the sling hanger (e.g., left leg sling attaches to the right side of the hanger bar).
5. Repeat the process with the remaining sling leg, crossing it over the opposite leg and attaching it to the corresponding hook on the sling hanger. Ensure you use the same color loop strap on each sling leg for proper balance and safety.
6. Attach the middle sling loops to the hanger bar hooks of the lift, on both sides, using the same length and color loop on each side. (See Figure 2)



Figure 2 - Attaching the middle loop slings

7. Make a final check of all six loop attachment points to ensure each loop is sufficiently attached to the respective hook.

#### **STEP 4 Lifting The Person**

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1. Initiate the upward motion of the lift boom.
2. Continue the upward motion until there is tension on the sling legs, then pause the lift, making sure all the loops on the sling are securely hooked on the sling hangers, and sling hanger bar hooks.
3. Smooth out the sling under each of the thighs, if necessary.
4. Continue lifting the person high enough to clear the bed.

#### **STEP 5 Lowering The Person To A Chair Or Toilet**

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1. Adjust the legs of the lift to go around a wheelchair, toilet or chair.
2. Position the wheelchair under the patient and lock the wheels of the wheelchair. If transferring the person to a chair or toilet, position the person over the chair or toilet.
3. Using the handles located on the back of the sling, position the person so they are properly aligned to be lowered onto the chair, toilet or wheelchair.
4. Stand behind the person and hold onto the center handle located on the back of the sling. Lock your forearm at a 90-degree angle to help guide the person to the surface. Do not pull with your arm as it may



**Figure 3 - Lowering into wheelchair**

- injure you or rip the sling. (See Figure 3)
5. Begin lowering the person to the new surface. When the person's weight is supported by the wheelchair, chair or toilet, continue lowering the lift to release the tension on the loops.
  6. Detach the sling from the sling hangers and move the lift away from the person.

#### **STEP 6 Remove The Sling**

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1. Pull the sling legs out from underneath the person's thigh.
2. Continue on the other thigh.
3. Lean the person slightly forward and grasp the side handles, or the center handle of the sling, pulling the sling out from behind the person.

## Transferring Person from Chair, Wheelchair, or Toilet

### STEP 1 Position Sling

1. Lean the person forward several inches to place the sling behind the person.
2. With the sling handles and washing labels facing the chair back, place the sling behind the person, keeping the center handle of the sling centered on the person's spine. (See Figure 4)



Figure 4 - Place sling behind patient

3. Make sure the base of the sling touches the chair seat, and the top of the sling is above the person's shoulders, then lean the person back in the chair.
4. Pull the legs of the sling along the inside of the chair.
5. On the person's side, position your right hand between the person's hip and the sling. With your fingers, push down on the edge of the sling so it touches the base of the chair seat.
6. Grasp the bottom edge of sling leg with your left hand and pull with a tug towards you, pulling the leg of the sling under the hip and thigh. Place the excess sling length over the thigh.
7. Repeat this procedure on the other side.

### STEP 2 Position The Lift

1. Adjust the legs (opening or closing) to go around or fit underneath the chair, wheelchair, or toilet.
2. Do not lock the wheels of the lift.

3. Turn the hanger bar spreader so the two sling hangers are parallel to the person's body.
4. Move the lift until the tip of the boom (nose cone) is centered over the person's torso.

### STEP 3 Attach Sling to the Lift

1. Lower the boom so it is positioned a few inches over the body of the person. The goal is to provide ease of sling attachment.
2. Attach the sling legs. Begin with either leg, left or right, depending on your preference or positioning. Take the sling leg that lies over the chosen leg and cross it over the opposite leg. Note: You can thread one sling leg through the other before crossing them.
3. Attach the crossed sling leg to the sling hanger hook on the opposite side of the hanger bar (e.g., left leg sling attaches to the right side).
4. Repeat the process with the remaining sling leg, crossing it over the opposite leg and attaching it to the corresponding hook on the sling hanger. Ensure you use the same color loop strap on each sling leg for proper balance and safety.
5. Attach the straps located near the person's shoulders to the sling hanger hooks using the same length and color of loop strap on each side. (See Figure 5)



Figure 5 - Attaching the sling

6. Attach the middle sling loops to the hanger bar hooks of the lift, on both sides, using the same length and





**Figure 6 - Attaching middle loop to sling hanger bar hooks**

color loop on each side. (See Figure 6)

- 7.** Make a final check of all six loop attachment points to ensure each loop is sufficiently attached to the respective hook.

#### **STEP 4 Lifting The Person**

- 1.** Raise the boom of the lift until there is tension on the legs of the sling, then pause the lift making sure all the loops on the sling are securely hooked on the sling hangers, and sling hanger hooks.
- 2.** Smooth the sling legs under the person's thighs with a slight pull on the outside seam of the sling legs, if necessary.
- 3.** Lift the person until they have cleared the surface. (See Figure 7)



**Figure 7 - Lifting the person**

#### **STEP 5 Lower The Person Onto A Bed**

- 1.** Raise or lower the person to a height necessary to clear the bed.



**Figure 8 - Lowering to bed**

- 2.** Move the person over the bed.
- 3.** Lower the person onto the bed. When the person's weight is supported by the bed, continue lowering the lift to release the tension on the loops. (See Figure 8)
- 4.** Detach sling from the lift and move the lift away from the person.

#### **STEP 6 Remove Sling**

- 1.** Gently pull the sling legs out from underneath the person's thigh. Continue on the other side.



**Figure 9 - Remove sling**

- 2.** Following your safety protocols, ensure the bed rails are raised and gently log roll the person away from you, folding and tucking the near half of the sling under the person. (See Figure 9)
- 3.** Log roll the person in the opposite direction, allowing you to free and remove the sling from beneath the person.

## Three Primary Sling Positions Created by Loop Configurations

### Seated Position Loop Setup:

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#### ◆ Short shoulder loops + Long leg loops

This is the most common configuration for routine daily transfers, especially from bed to chair, wheelchair, or toilet. It places the patient in a near-upright, seated posture, keeping the hips in a natural deflection and offering good balance for those with some torso control.

Use Cases:

- Routine transfers
- Toileting
- Dressing and hygiene

### Reclined Position Loop Setup:

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#### ◆ Long shoulder loops + Shorter leg loops (or a middle-leg option)

This semi-reclined posture tilts the patient slightly backward. It's particularly helpful for top-heavy individuals or someone with poor trunk control. Reclining can help prevent a patient from leaning forward or tipping out of the sling.

Use Cases:

- Double amputees who feel top-heavy
- Residents who slump or lean forward
- Patients lacking upper body strength
- Non-compliant or agitated patients

### Supine Position (Nearly Flat) Loop Setup:

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#### ◆ Long shoulder loops + Long leg loops

This configuration keeps the patient more horizontal with a slight waist bend. This configuration is often used when lifting patients from the floor, when head elevation must be minimized or when transferring from bed to stretcher or shower trolley.

Use Cases:

- Floor recovery transfers
- Bed-to-stretcher transfers
- Patients requiring spinal precautions