

Lifting & Transferring

This training is required for all staff being certified as a Direct Service Provider (DSP), and must be completed within 120 days of employment. The curriculum is from the Department of Human Services (DHS) training program for DSPs.

Purpose of this training:

To give DSP staff the opportunity to review and demonstrate competency in the proper use of body mechanics, as well as proper lifting and transferring techniques.

Training outline:

- Proper lifting techniques
 - Evaluate situation
 - Components of proper posture
 - Good alignment
 - Feet shoulder width apart
 - Weight evenly distributed
- Preparing an individual for a move
- Positioning in a chair
- Lifting and moving techniques
 - Locking arms
 - Moving individual into a wheelchair with 2 staff
 - Moving individual into a wheelchair alone
- Practical components
 - Gait belt
 - Walker
 - Rollator
 - Wheelchair
 - Mechanical lift

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