

BODY MECHANICS VISUALS

1. Roll the patient on one side



2. Move the patient to the side of the bed. Ask the patient to bend legs and to prop on the same side elbow



3. Hold your hands on the patient's pelvis, ask to raise him/her buttocks. Sit patient on the edge of the bed with feet flat on the floor



4. Stand in front of the patient and hold both shoulders. Keep patients feet flat on the floor



5. Help patient raise bottom from the bed and rotate him/her towards the chair



6. Transfer from bed to chair. Hold patient by shoulders and knees

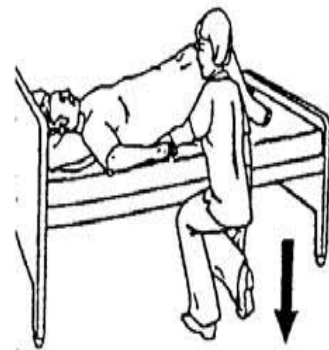


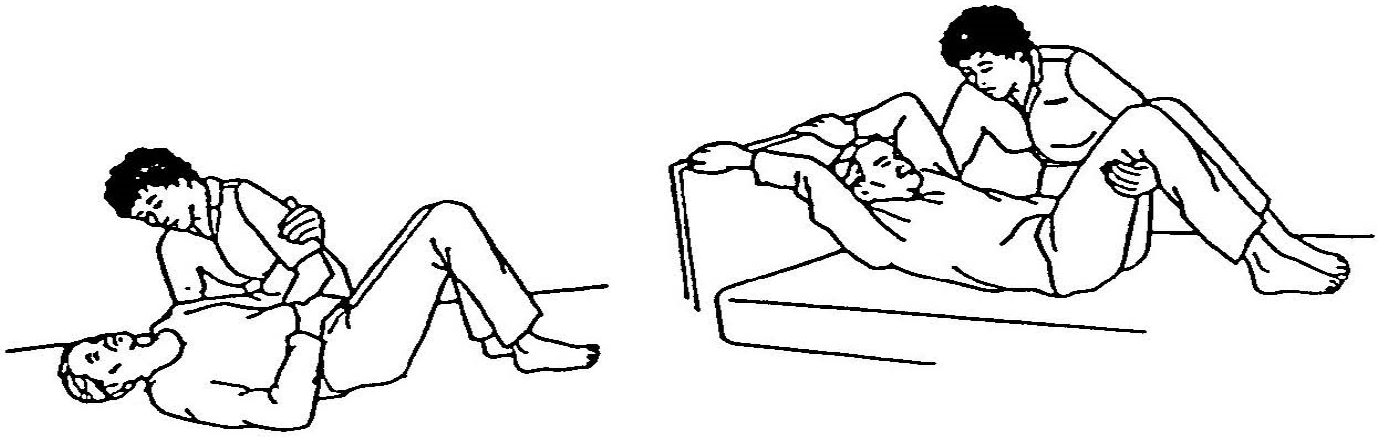
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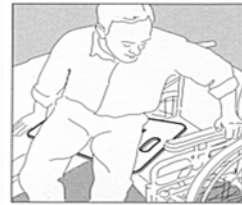




1. Transfers between a wheelchair and a toilet



2. Transfer between a bed and a wheelchair



3. An active patient may be able to manage on his/her own



4. A weak and partially active patient may need assistance



5. A user removes the SST Board unassisted



5. An active patient managing independently



6. A heavy and partially active patient



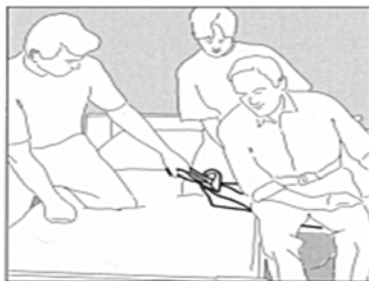
7. A very light and passive patient



8. A light and passive patient; helpers are using both a SST Sling and a SST Gurney



9. How to take the weight of the patient on to your body



10. Easy transfer, despite an awkward upward movement



11. Arranging a patient in bed