

Lift Transfer: To and From Floor

Moving to and from the Floor with a Lift:

Being able to get onto the floor can be helpful for performing a home exercise program, including getting onto the stomach for stretching of the front of the hip and trunk, which can get tight with long term wheelchair use. This type of transfer might also be needed if a person ends up on the floor unintentionally, such as sliding out of the bed. If the person is on the floor as a result of a fall, please refer to “What to do for a fall” section prior to moving the person.

Moving to the floor:

- Place the sling in the appropriate position and secure the loops to the lift. If using the manual lift, you will need to use the V-bar. The base of the lift should be in the widest position.
- Raise the person up in the lift and away from the surface.
- Person’s legs should be off to one side of the vertical post.
- Slowly lower the person to the floor, allowing them to lay in the middle of the lift base.
- Once on the floor, unhook the sling from the lift and move the base of the lift from under the person.

Skin needs to be protected while the person is on the floor. Pillows, padding and position changes should be used as needed to prevent pressure areas.

Moving from the floor:

- Place the sling appropriately under the person on the floor.
- Widen the base of the lift and carefully move it into position around the person so that feet and legs are toward the center post and over the base of the lift.
- Lower the lift bar so that the loops of the sling can be secured to the hooks.
- After connecting the sling, raise the person up from the floor and move them to the bed or wheelchair.