

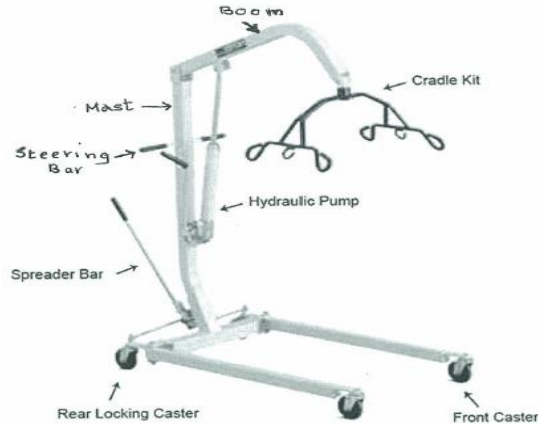


## Center for social change, Inc Specialized Training – Hoyer Lift

Place of Work \_\_\_\_\_ Date: \_\_\_\_\_

### Getting Acquainted with Hoyer Lift

1. Hoyer Lift (HL) affords the most safe and convenient way to transfer individuals in your care. It takes away strain and discomfort of the passenger and prevents accidents both, to the staff and to the Individual being lifted.



### 2. Basic Components of a Lift:

- a. **Base** – Frame & Casters (allow for easy movement when transferring and to lock the unit in place when not in use)
- b. **Upright Mast** – Handle to move and steer
- c. **Boom** – For lifting motion; cradle attached at the end of the boom
- d. **Sling** - Supports passenger during lift; various sizes and styles - choose the right one for your passenger
  - i. Medium 4 Pointed Padded U-Sling fits majority of Individuals
  - ii. Full Support 4 Point Padded U Sling with Head Rest - for agitated or confused Individual
  - iii. One Piece Full Body Sling – For amputees or for Individuals with moderate to severe body rigidity
- e. **Hydraulic Pump** – Turning Knob to the right enables pumping action to raise and to the left, to lower down (Practice)

### Before You Lift the Individual

3. Always begin by evaluating the environment and the passengers' needs. Go over the lift in your mind, from start to finish
4. Gather supplies-Hoyer lift; sling (2 staff to perform this task preferably). Check for functionality, damage, frayed seams, or worn out sling.
5. Make sure you have a clear path from where you are and where you want to go. Take time to clear the path if necessary
6. Check that the weight of the passenger *does not* exceed the prescribed lift capacity of the Hoyer Lift
7. Do not use Hoyer Lift over deep carpeting, outdoors or, over long distances
8. Wash hands before and after operating the Lift.
9. Always explain the process at each step as to what you are going to do. Knowing what is going to happen makes the Individual less apprehensive and more cooperative

### Applying the Sling (Log-Roll Method)

10. Fold the Sling lengthwise.
11. Roll the Individual to one side of the bed.
12. Place the sling underneath the Individual.

13. Roll Individual to the opposite side and adjust sling underneath properly.
14. Bring the Individual face up, and fold the arms across their body if possible.

### **Lifting Procedure**

15. Ensure Hoyer lift is not locked (Hoyer should never be locked unless being stored).
16. One staff should operate Hoyer and the other should talk to and guide Individual's body
17. Place Hoyer Lift directly over Individual. Lower the Lift just enough to attach the sling to the cradle. Attach top loops to cradle (colors must match).
18. While attaching, cross the leg straps under the patient's legs. Make sure the left loop is reaching across to hook to the right hook, while the right loop is reaching across to hook to the left hook, and that the hooks are set away from the boom of the lift apparatus. This crisscross helps keep the patient's legs stay together and keeps the patient from slipping out of the sling.
19. If moving the Individual to wheelchair have wheelchair ready for transfer (wheels of wheelchair should be locked).
20. Raise Individual slowly until the Individual is just clear of the bed. Rotate the legs bring them to face the lift.
21. Grasp the steering handles and move the lifter away from the bed. Never push or pull the boom or the sling. Always steer the Lift using only the handles on the mast.

### **Lowering in a Wheelchair**

22. Bring the wheel chair to the lift and secure the wheels.
23. Lower lift slowly, and guide the Individual into the wheelchair.
24. Lower the boom sufficient to unhook the sling and unhook loops.
25. Removing the sling is optional depending on the needs.
26. Roll the Individual from side to side, and fold /remove the sling. Raise the legs, if necessary.
27. Tug gently upwards to slide the sling out from behind the Individual. Remember, a hard tug could cause the Individual to fall forward.
28. . Place seatbelt on Individual in wheelchair

### **Transferring from Wheelchair to the Bed**

29. Follow the same procedure in reverse order

**Note** - Before moving Individual away from the Wheelchair to Bed or from Bed to Wheelchair, ensure that attachments like g-tubes, catheters, etc. are properly secured and will not "pull out".

**By signing below I acknowledge that I have read carefully and understood the above 28 paragraphs, clarified my doubts, and have practiced lifting and transferring Individuals both, with and without passenger.**

**I am now fully confident to transfer Individuals under my care comfortably and safely.**

**STAFF NAME:** \_\_\_\_\_ **STAFF SIGNATURES:** \_\_\_\_\_

**TRAINERS' NAME:** \_\_\_\_\_ **TRAINERS' SIGNATURES:** \_\_\_\_\_