

## Transfer Self-Checklist

### Body Mechanics

- What are four main principles of body mechanics?

### Reflective Questions

Ask yourself these questions after reviewing your personal transfer videos or after performing physical transfers with a practice patient.

- What is the angle of my back during my transfers?
  - Am I maintaining a straight back/neutral spine?
    - **If not, get closer to the patient or adjust your base of support.**
- Am I lifting from my legs?
  - Did I lift my patient mostly using my legs or arms?
    - **If mostly arms, start the transfer in a lowered position and focus on lifting with your legs.**
  - Did I see or feel a change in my knee bend?
- Did I maintain some knee bend throughout the entire transfer?
  - Did I lock my knees?
    - **If so, adjust how high you raise yourself during the transfer.**
- Did I lower my patient using my legs or with my arms?
  - What did the video reflect?
  - How does my back feel?
- Was my base of support stable?
  - Did I need to take a step during the transfer?
    - **If so, adjust your base of support.**
  - Was I able to pivot with ease?
- Am I close enough to my patient?
  - Could I get closer to my patient?
  - Does their body move away from mine during the transfer?
  - Do I feel control over the patient's body during the transfer?
    - **If not, get closer to the patient.**
- Am I rotating at my pelvis or at my spine?
  - How does my back feel at the conclusion of the transfer?
  - Is my pelvis facing my patient at the conclusion of the transfer?
    - **If not, focus on rotating from the pelvis.**