HOW TO SAFELY USE THE SIMPLY SENIORS' GAIT BELT

Simply SENIORS
Where the heart shines

Guide Index

Simply Seniors'
Gait Belt

Where the heart shines

Your Best Daily Aid ...

Initial Steps

1 Check that the close area is free of any obstructions or slipping hazards. Look around the close area for any loose cords or tubes and adjust these items so they are not in your way. You want to have your feet firmly planted on the ground in the transfer area so you are not at risk of slipping or losing your footing.

You should be wearing non-slip shoes to ensure you have a solid grip on the floor.

If you are transferring a patient or senior from a bed, check that the wheels on the bed are in the locked position so it does not move or shift when you transfer the patient.

If you are transferring a patient in their home, move any area or throw rugs that could cause you to trip.

2 Shift the seniors or patient to the edge of the bed, couch, etc., and make sure their feet are touching the ground in a sitting position.

Make sure you support the patient's upper body with your arm to ensure they do not fall forward.

# Putting and Buckling The Simply Seniors' Gait Belt

1 **Snap the two sides of the plastic buckle together. The Simply Seniors' gait belt have 2-piece buckles located on either end of the belt strap. To secure the buckle, push the "male" side into the "female" side until you hear a snap, then tug on the closed buckle to make sure it's secure.**

To unbuckle the belt, simultaneously press down on the tabs at the top and bottom of the closed buckle, and pull the 2 buckle components apart at the same time.
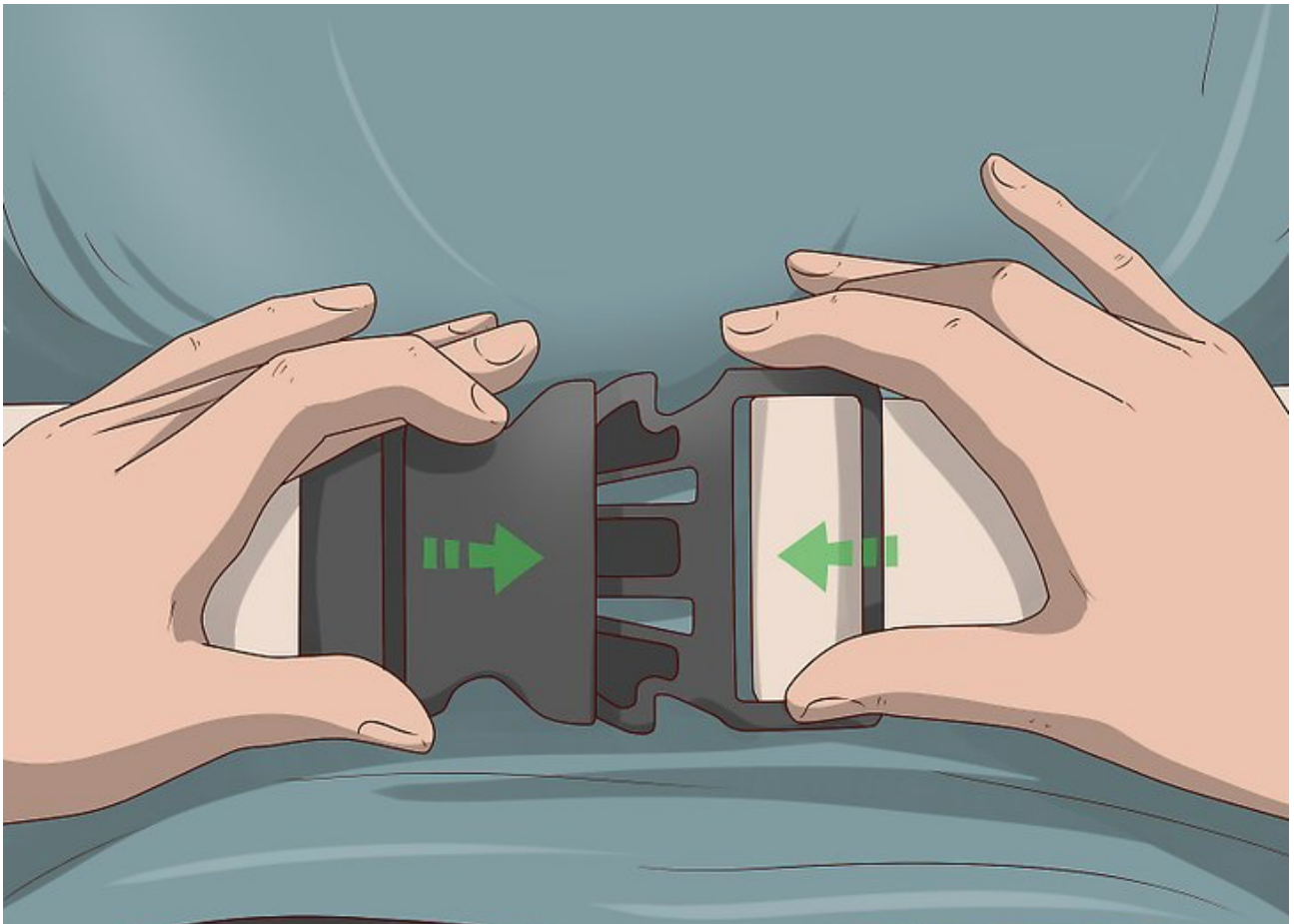
2 Move the buckle to the right or left of the patient's belly button. As with a standard gait belt, the buckle can cause discomfort if it's positioned directly over the center of the patient's abdomen.

Slide it a little to the right or left of the center, based on the patient's preference.
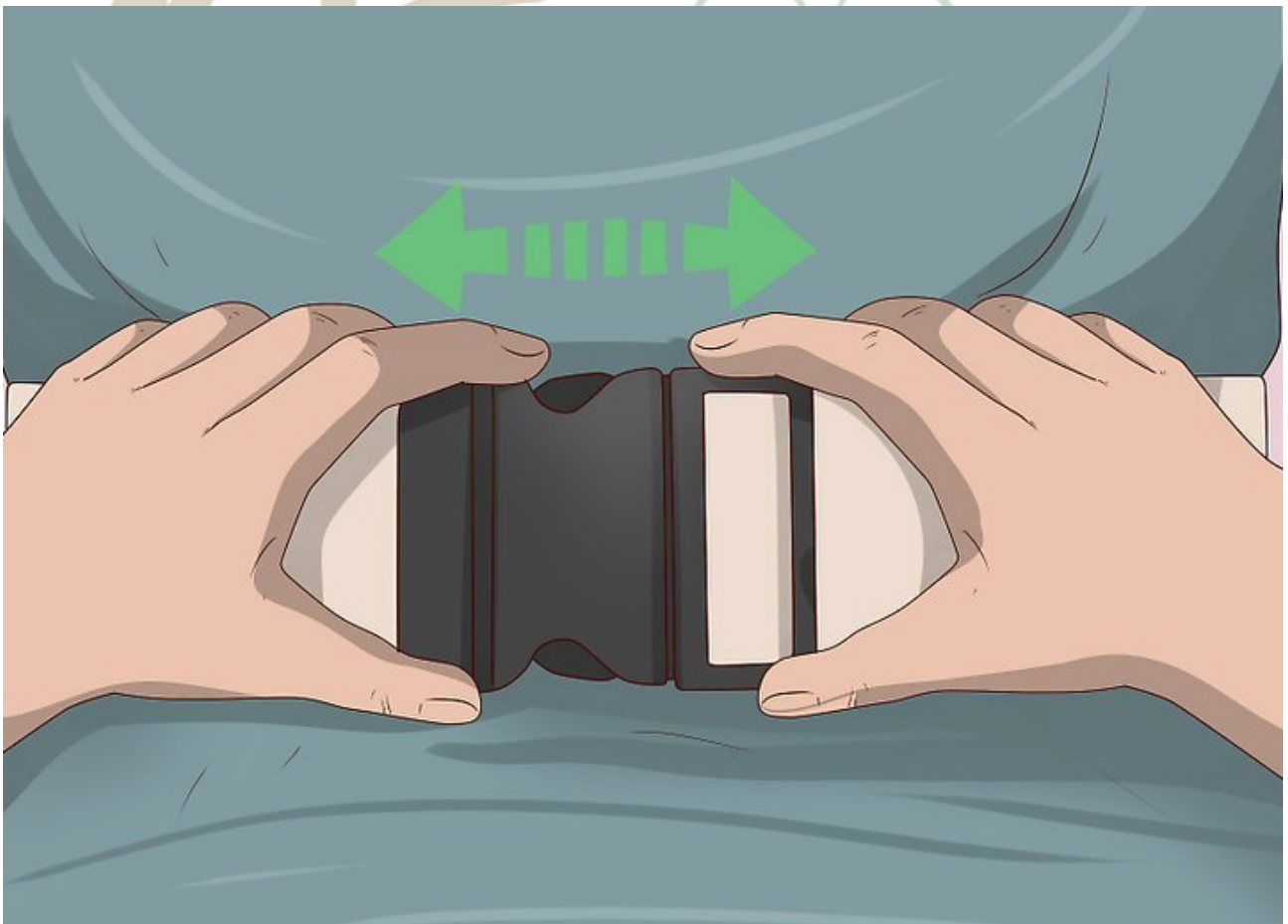
3 Pull the loose end of the belt strap to secure the belt tightly. Some excess belt straps will already be looped through and hanging free from one of the sides of the buckle—typically the "male" side.

Pull on the strap until the belt is at the proper tightness around the patient's waist, with the bottom of the belt just touching the tops of the hip bones.

You should be able to slide your fingers behind the belt, but not be able to pinch the fabric between your fingers.

4 **Tuck the loose strap end into the belt for safety reasons. The excess belt strap can be a tripping hazard, so get it out of the way by using the belt loop and if it was necessary tucking it once or more behind the fitted belt.**
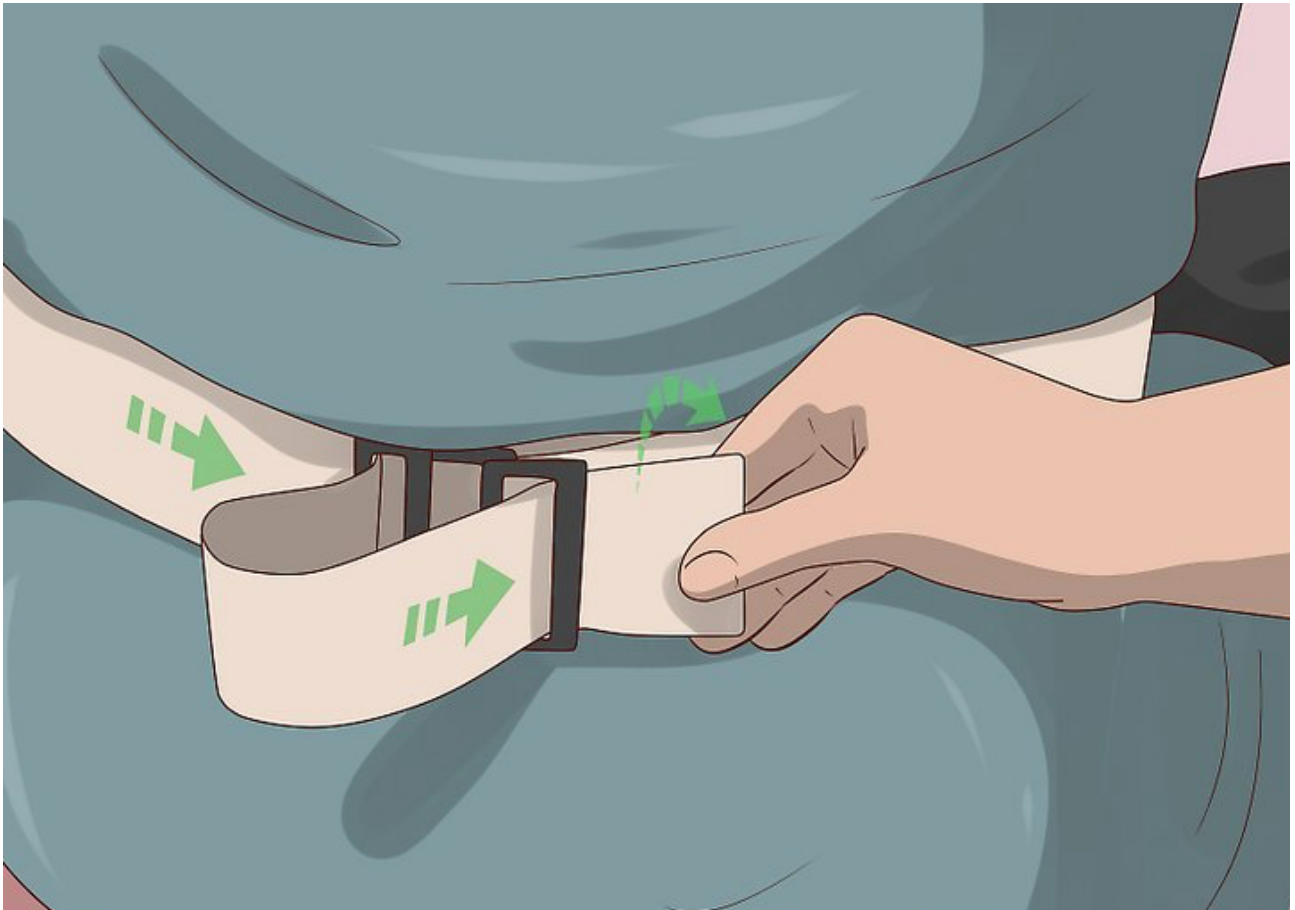
Lifting a Senior or Patient

1 **Shift the patient to the edge of the bed, couch, etc., and make sure their feet are touching the ground in a sitting position.**

Make sure you support the patient's upper body with your arm to ensure they do not fall forward.
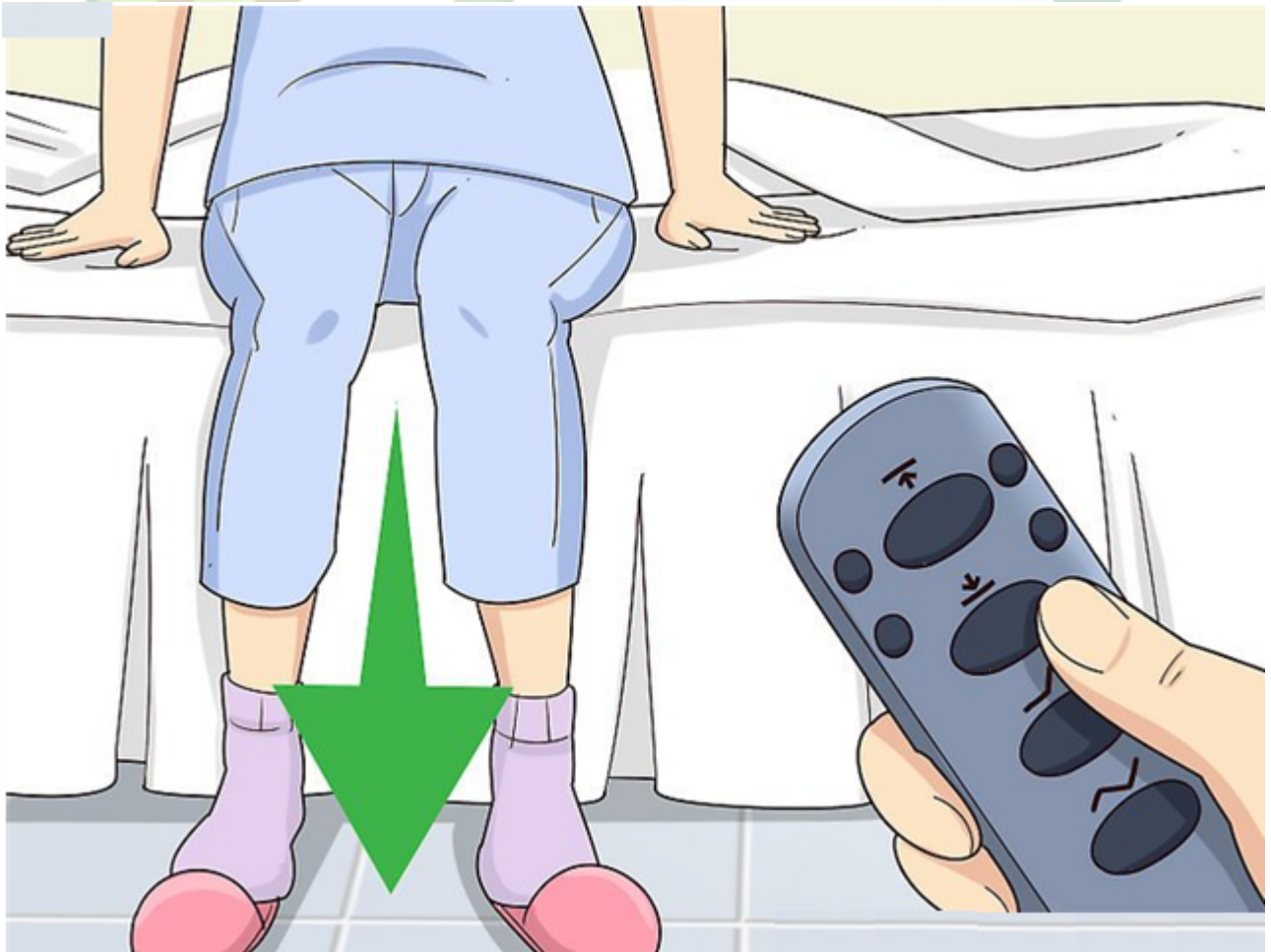
2 Lock your hands on the handles of the gait belt. Stand as close as possible to the patient and reach around their chest with your hands. You can hold the gait belt between your hands and line up your arms with the belt to create friction.
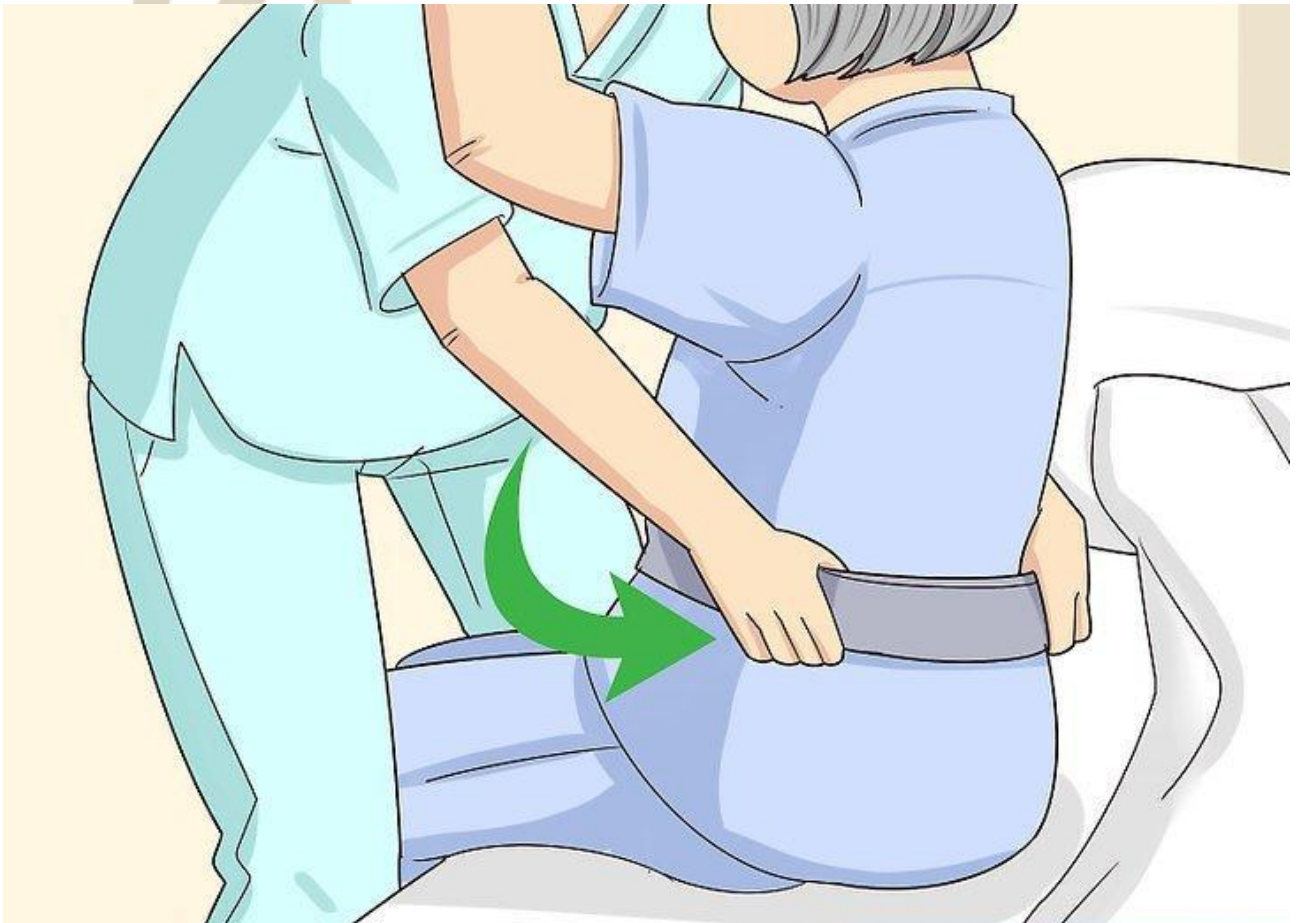
3 Put one of your legs between the patient's legs, and the other one just to the side, so you can get very close to them.

Tell the patient you are going to count to 3, and on 3 you are going to stand up and lift them.

Make sure the patient keeps their hands by their sides so they can support themselves when you lift them. If the patient has strength in their legs, instruct the patient to support their weight with their legs as you transfer them.

4 **Stand and lift the patient. Count out loud, "1-2-3." On "3," slowly stand up, using your legs to lift the patient.**
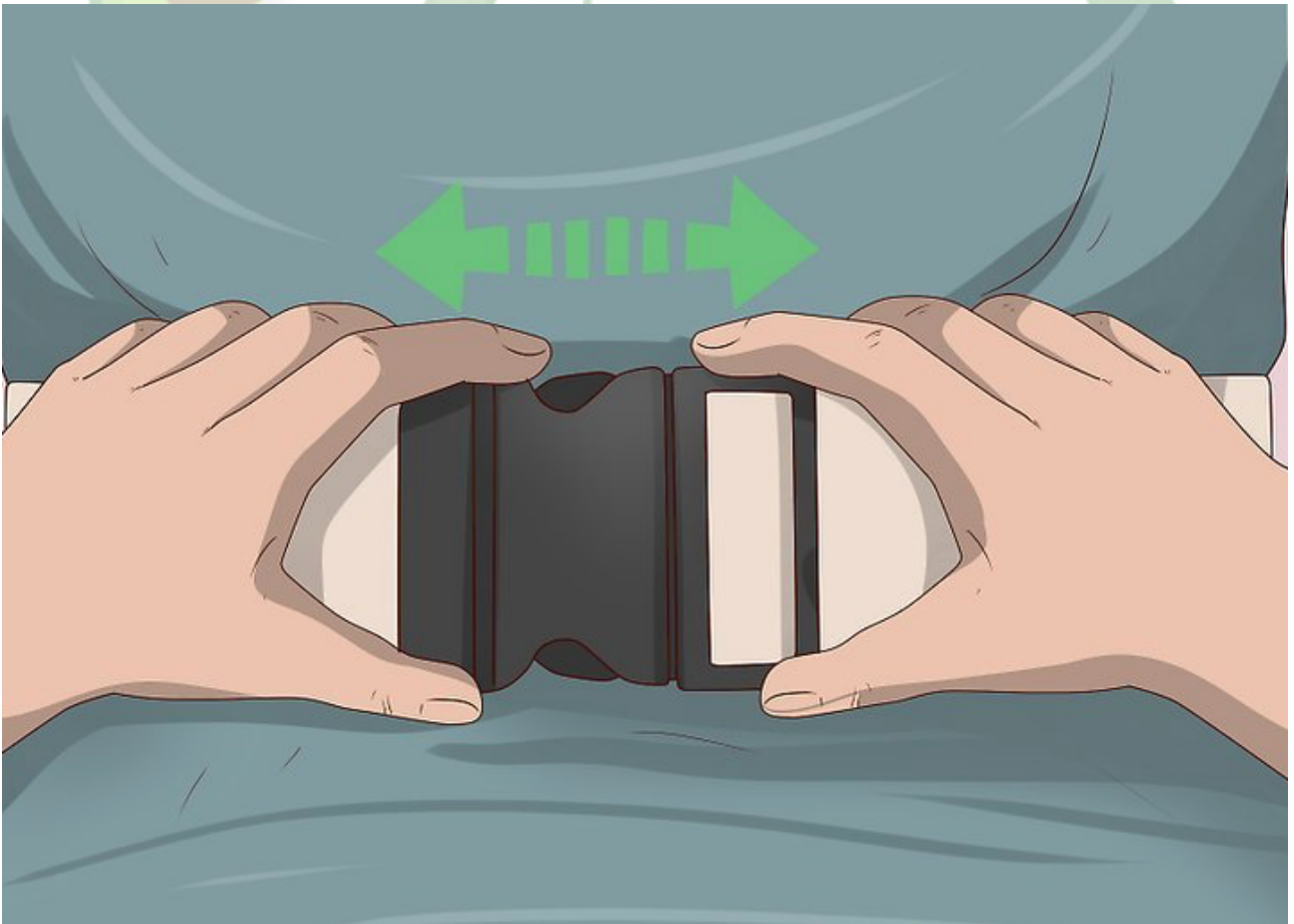
As you lift the patient, ask them to push off the bed or couch using their hands.

You must not pull straight up on the belt but use it to help direct the patient forward and up on a diagonal, forming a 45º angle.
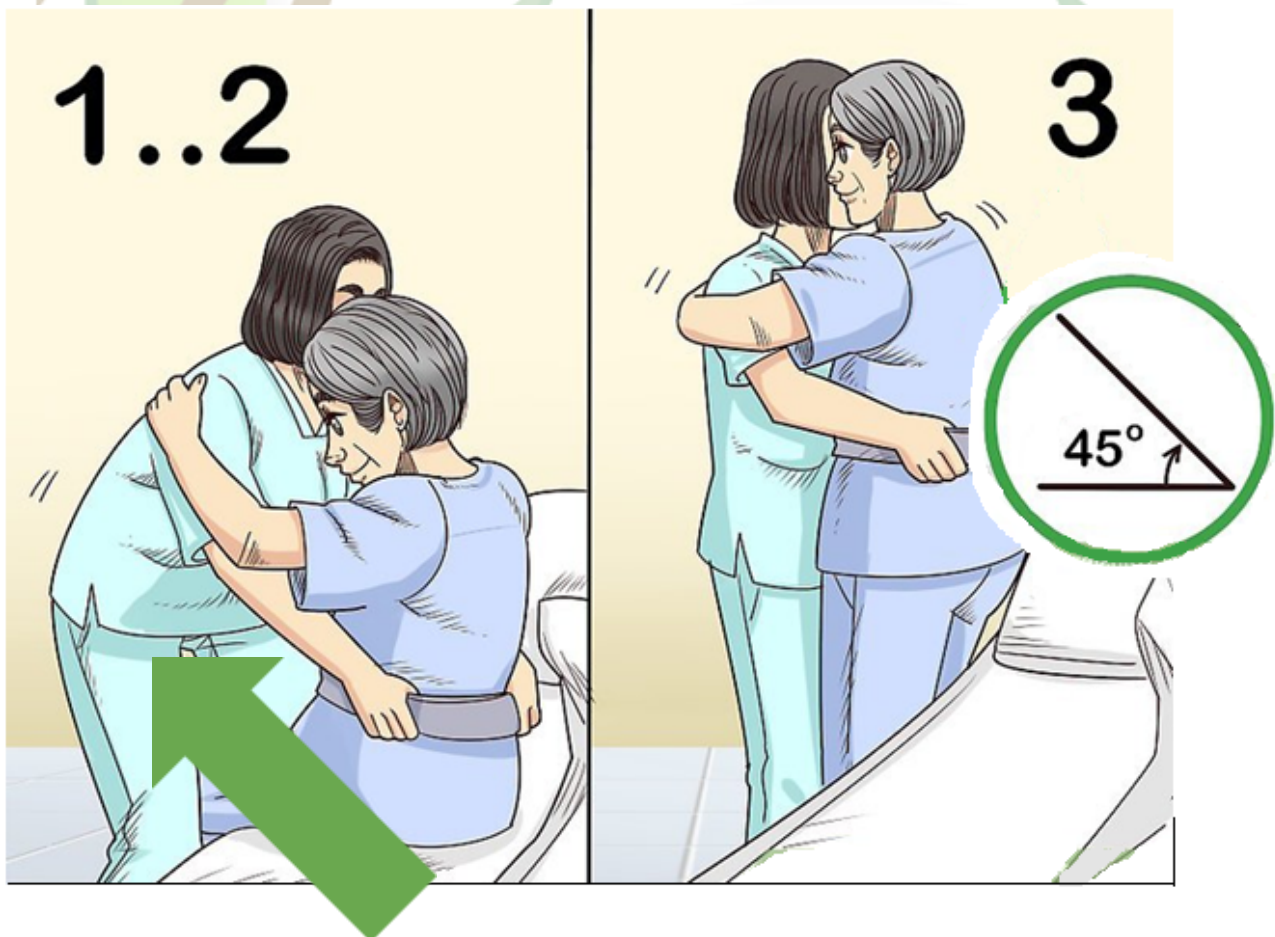
Unbuckling the Belt

1 To unbuckle the belt, simultaneously press down on the tabs at the top and bottom of the closed buckle, and pull the 2 buckle components apart at the same time.

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Thank you for purchasing Simply Seniors' Gait Belt!!