Use of a Transfer Belt

Gait belts are a safety device used to transfer a patient from one place to another or to be used when walking a patient.

**HOW TO FASTEN THE GAIT BELT PROPERLY**

Place the belt with the buckle in front of the person’s mid section, tooth side facing outward.

Feed the metal tipped end of the belt through the tooth end of the buckle and pull until snug so the teeth can secure it. (Picture A)

Feed the remainder of the metal tipped end through the hole portion of the buckle. (Picture B)

Tighten the gait belt until it is snug. It should not be uncomfortable. (Picture C)

*If the person has an abdominal wound, feeding tube, or colostomy bag, check with your rehab provider for instructions.*

**GAIT BELT USE**

Hold onto the belt at all times while assisting the person to move from one place to the next or when walking with the person.

Place your hand or hands under the belt palm side in using a firm grasp. Stand behind and to the side of the person. (Picture D)

*Check with your rehab provider regarding specific instructions on walking or moving someone.*