

Safe Patient Lifting *in a Doctor's Office*

When you visit a doctor's office, your healthcare providers often help you move from one place to another.

Safe lifting practices help us assist you in a way that is safe and comfortable. These practices also help protect healthcare providers from injury.

Safe lifting practices include:

- Using a **gait belt** when helping you move from one place to another.
- Following a set of safe lifting guidelines that are proven to help prevent injuries.
- Informing patients and families — and reminding healthcare providers — about the importance of safe lifting.

What is a gait belt?

A gait belt is a safety device used for helping a person move from one place to another. The belt fits securely around your waist, so someone can grab onto it and help lift you. It can also be used to help support you while you walk.

Why do I need a gait belt?

Your healthcare providers may have you use a gait belt if you need extra support to stand or walk. It can help you safely move from one place to another — such as from a chair to an exam table.

Gait belts also protect your healthcare providers. Healthcare workers have a high rate of injuries to the back, knee, and shoulder. These injuries are most often caused by lifting and transferring patients.

A gait belt helps keep both you and your healthcare providers safe.



What can I do to help?

You can support our commitment to safe lifting in these ways:

- **Expect that we may use a gait belt to help move or support you.** We're not being impersonal, we're just trying to be safe.
- **Follow the advice of your healthcare providers about moving.** If you're able to move yourself safely, we'll probably ask you to do so. If we're using a gait belt, please follow our instructions.
- **SPEAK UP if you think safe lifting practices are not being followed.** We can all use a reminder, and we appreciate your help in supporting safe care in our facilities.