



## Walk and Transfer Belt User Guide

Order Codes: WBS - Small : WBL - Large

The Patient Handling UK Walk Belt is designed to assist a patient when walking or to help during a transfer procedure. The Walk Belt allows carers to assist those patients who can weight bear but may need extra support when walking. The belt encourages patients to walk more often, knowing that a carer is there to assist.

This is a guide only. We recommend you consult your manual handling coordinator and/or your back care specialist. If any manoeuvre is too heavy or too awkward, stop the transfer and reassess. The belt is **not** designed for patient lifting or for catching a falling patient.

Standing from a sitting position or lowering into a chair or wheelchair is made easier when the carer can provide reassuring support. During a sitting or lowering procedure the carer might also wear a walk belt which the patient would hold onto giving extra assistance. Used in conjunction with a Standard Slide Sheet, the belt provides a firm grip when sliding a patient back up the bed to a sitting position.

The Walk Belt is comfortable for the patient to wear, the inner grip fabric keeps the belt in place around the waist and there is little strain placed on the patient's body or clothing. The handles give a firm grip for the carer who can remain in an upright posture throughout.

Choose the belt according to the patient's waist size.  
Small fits a waist: 63 cm. to 114 cm. (25" to 45")  
Large fits a waist: 100 cm. to 157 cm. (39" to 62")  
The belt is fully adjustable within the sizes stated.

### **FITTING OF THE WALKBELT**

With the patient seated in front of you, slide the buckles on each of the webbing straps to a large enough setting to allow the buckles to connect when belt is around the patient. Pull the adjusting straps simultaneously allowing the belt to tighten to a comfortable fit.

Both parts of the buckle are slightly curved and only fit together one way.

The buckle should click together without force and undoes by squeezing the two prongs which are at the top and bottom of the fixed buckle.

### **FROM SIT TO STAND WITH TWO CARERS**

With a carer standing on either side of the patient, have the patient sit with their feet apart. Position the Carer's feet to block against the patients feet and the carers should bend their knees to block the patient's knees. The Carers should also maintain good upright posture with natural back curvature.

The Carers each hold both handles on their respective sides of the patient. When ready to transfer both Carers should make eye contact. One Carer should take the lead and count in.

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Lean the patient forward to position their weight over their feet. Both carers then straighten their legs to stand whilst keeping their arms locked. This should be one fluid movement.

**Do not use the walkbelt to lift the patient.**

### **WALKING WITH A PATIENT**

With the right arm behind the Patient's back, the Carer's right hand holds the handle on the Patient's right side.

The Carer's left hand holds the left handle and both hands pull outwards from the centre of the Patient's back.

The Carer must, when required, move their feet and body weight to counter that of the patient's.

### **CLEANING INSTRUCTIONS**

The Walk Belt can be cleaned with a disinfectant. It can also be hand washed.

Do not tumble dry or wring. Air dry only.

Inspect frequently for signs of wear and withdraw from use if any faults are apparent and replace immediately.



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