

# Patient Handling

## Gait Belts

Using a gait belt gives the caregiver something to grasp at the patient's center of mass. This allows gentle correction during loss of balance and sensory feedback while walking or transferring their patients.



Secure the gait belt around the patient's waist over a layer of clothing.



Tighten gait belt firmly. Leave a fingers space between the belt and the patient. Tuck in excess length of strap.



When walking with the patient, keep a hand on the gait belt. Grasp the belt with your palm or thumb facing up.



When correcting for loss of balance, use gentle side to side movements. Avoid quick, jerky movements.

