

## Gait / Transfer Belt Fact Sheet

Gait/Transfer belts are available in 5 colour coded options, sized to fit snug above the iliac crests:

- Small ( 36”) – Red
- Medium ( 42”) – Purple
- Large (46”) – Green
- Extra Large (50”) – Blue
- Bariatric – Blue with white stripe
- For use by physiotherapy only

Gait/Transfer belts may be used based on individual needs assessment on minimal assist patients who meet the following criteria:

- Able to reliably weight bear
- Non-bariatric (weight of less than 250 lbs)

### Contraindications

At times a Gait/Transfer belt may be used if one of the following contraindications exists, but **only** on the recommendation of physiotherapy or occupational therapy.

- Fracture of spine, with or without
  - Halo vest, collar or orthosis
- Flail chest or rib fracture
- Pelvic fracture with or without external fixation
- Internal organ damage
- Chest tube
- Colostomy
- Jejeunostomy tube
- PEG tube
- Open wound or incision in the chest wall, abdomen or back
- VAC dressing
- Peritoneal dialysis
- Significant respiratory issues
- Advanced pregnancy
- Severe osteoporosis
- Skin graft and/or muscle flap in area the gait/transfer belt may contact or effect

### Cautions

If there are any questions about the use of the gait/transfer belt please contact your physiotherapist.

### Alternative Methods

If a Gait/Transfer belt is contraindicated, and other minimal assist methods are not appropriate based on assessment, physiotherapy or occupational therapy will provide guidance and education on alternative safe methods of transfer. If physiotherapy or occupational therapy is not available, the healthcare worker may use a more conservative method of transfer (e.g. sit-stand lift), if no contraindications are noted.

### Lifting Restrictions

At no time should a healthcare worker attempt to lift more than 35 lbs, including when using a Gait/Transfer belt. The transfer should be an assist, not a lift.

### Care and Cleaning

Gait/Transfer belts shall be laundered between patient-to-patient or when visibly soiled. **Ensure the Velcro® closure is fastened prior to sending the gait/transfer belt to the laundry.** Patients who require frequent use or are on Additional Precautions should have a gait/transfer belt dedicated to them for the duration of their admission. If a gait/transfer belt must be shared between patients, it shall be cleaned by wiping/spraying with hospital-approved disinfectant and allowing to air dry. “Routine” frequency of laundering is determined by the unit, depending on the area and level of usage.