



### **Suggested basic moving and handling transfer skills**

- Sit to stand
- Chair to bed
- Bed transfers including lifting legs in and out of bed (plus equipment to help with this)
- Manoeuvring in the bed
- Wheelchair transfers
- Toileting
- Bathing / shower transfers
- Hoisting
- Stand aids
- Turners

Transfers should be graded in order for them to be adapted for someone needing full assistance (i.e. totally dependent), assistance of two people, assistance of one person and independent safe transfers.

Occupational therapists using moving and handling techniques should be able to competently assess, advise and then be able to teach service-users, carers, family, and other professionals as appropriate. The occupational therapists should also have knowledge of equipment related to the above, including risk assessment/management (e.g. provision of hoisting/standing or turning aids).