

# ChooseTheVest.com

*Elevating the quality of life for both the patient & caregiver.*

## INSTRUCTIONS



1. Place SDS Transfer Vest over head



2. Secure velcro flaps snug to patient



3. Make sure safety strap fits snug.  
**DO NOT USE SAFETY STRAP  
DURING TRANSFER**



4. Properly align feet approximately  
shoulder width of patient



5. Caregiver to place one knee between  
patient, while the second leg is  
approximately 2 feet directly behind  
front leg



6. Grab handles located at the clavicle  
area, keep back straight, and then pull  
patient towards you and up using a  
90° angle.



7. Caregiver will transfer weight from  
front leg to back leg during transfer to  
reduce risk of back or shoulder injury  
to caregiver



8. Once patient is upright, pivot patient's  
feet to begin your next transfer



9. Caregiver to place front foot in  
between patient's legs, while back  
leg is directly behind front leg

Patented 2009

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10. Keeping back straight, rock leverage from back foot to front foot while lowering patient



11. Encourage patient to grab onto caregiver's arms or grab the side of chair



12. Caregiver's weight is then transferred entirely to front leg, while keeping back straight



13. For XL, attach the leg straps to the vest using the carabineers



14. Wrap the leg straps around the patient's inner thigh, and then securing the straps using the Velcro at the end of each strap



15. Once leg straps are done, secure both Velcro flaps to the patient



16. For two person transfers, each caregiver will be on one side. Use the clavicle handles for front arm and the kidney handles for their back arm



17. Cue the patient to move forward and up using a 90° angle



18. Pull the patient forward to where their upper torso is directly above the patient's feet