

### Plan the move and prepare the environment.

Used only with children/students who can hold their head upright throughout transfer

Is for a transfer between two pieces of equipment (e.g. wheelchair to standing frame) or to reposition child (e.g. in their wheelchair) – it is not recommended as a technique for carrying a child over a distance.

### Starting position

- Knees and hips bent.
- Maintain the natural curves of your spine.
- Keep elbows as close to your body as possible.
- Brace your stomach muscles.

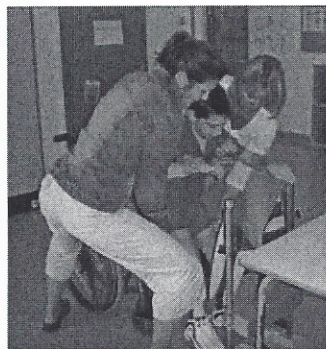
Keep as close to the child as possible!



### Lifting Effort.

Ensure effort is generated primarily from the legs.

If moving to a low level, try to avoid twisting your back by using your knees to bend.



### Completing the move

Maintain good posture when you are positioning the child in to the piece of equipment.



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