

USING GAIT BELTS



Introduction:

A gait belt is a safety device used to help someone move. Example: from a bed to a chair.

- The belt is also used to help hold someone up walk in the event he or she may be too weak to walk on their own.
- The gait belt helps provide support and it can help prevent a fall.
- The belt can also decrease your risk for a back injury while you help the person move or walk.
- Usually a gait belt is about 1½ to 4 inches wide and 54 to 60 inches long.
- The belt is made of canvas, nylon, or leather with a buckle at one end.
- Several kinds of gait belts are available for use. The person's healthcare provider decides which gait belt is to be used according to the client's needs.

An illustration showing a caregiver assisting an elderly patient with a gait belt. The caregiver is standing behind the patient, who is sitting in a chair. The caregiver is holding the gait belt around the patient's waist. A sign above the patient says "Gait Belt". A 3D character holding a sign says "Safety First!".	<p style="text-align: center;">How do I use a gait belt?</p> <ol style="list-style-type: none">1. Ensure you properly secure the Gait belt around the patient's waist. Make sure to check with them as to whether or not it is comfortable.2. Place yourself in front of the patient ensuring that you have good footing and will be able to bear the load.3. Position the patient's feet in between yours.4. Inform the patient that you will be placing your hands on the gait belt.5. Coordinating with patient, assist them in standing up while using the gait belt to pull up with them.6. Once the patient is up, move one of your hands to the side of the gait belt and place the other at the back of the belt.7. Once they are ready, begin assisting them in walking.
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