

## Lifting You Safely

*Using equipment to lift or reposition you*

*This handout explains equipment that we may use to lift or reposition you while you are in the hospital.*

University of Washington Medical Center follows “Safe Patient Handling” rules to keep patients and medical staff safe when the patient needs to change position, transfer to another unit, move out of bed, or do other activities.

While you are in the hospital, we may use equipment such as a *ceiling lift* to help lift or reposition you. A ceiling lift reduces injuries to your skin, and reduces staff injuries and muscle strains.

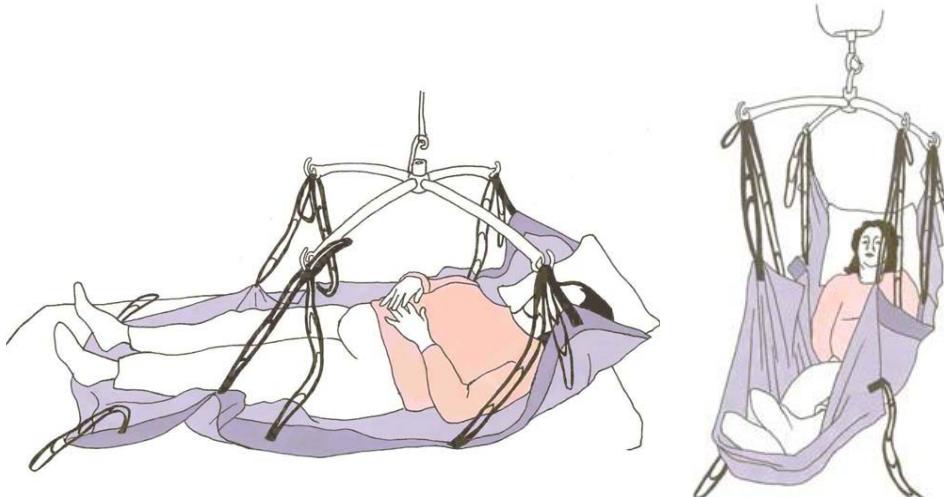
### **What is a ceiling lift?**

A ceiling lift is a motorized device that is mounted on the ceiling. We use it to help move patients who cannot move by themselves. With the lift, we can help you change position in bed, lift yourself up in bed, move out of bed to a chair, and move you to a new bed or stretcher.

When we use the lift, we will place a breathable, soft sling under you. The sling has loops that can be hooked onto the lift.

### **Is the lift being used because I weigh too much?**

No, the ceiling lifts are used on patients of all sizes. The ceiling lift helps lessen the chance of injuries to you and to your care providers.



*A patient in a ceiling lift.*



*Nurse using a ceiling lift with a seated sling to move a patient to a chair.*

## **Is it scary to be in the lift??**

The ceiling lift is very safe, and moving you should go smoothly. To help you know what to expect, ask hospital staff to explain the steps involved in using the ceiling lift.

We want you to feel safe and comfortable when we use the ceiling lift. Let us know if there is anything we can do to help support you. Small changes like moving a pillow can make the process more comfortable for you.

## **What if I don't want to be turned?**

Sometimes, staying in one position in bed can cause serious medical problems and keep you in the hospital longer. Some of these problems include pressure ulcers (sores on your skin), joint issues, muscle loss, pneumonia, blood clots, and constipation.

## **Which patients need to use a ceiling lift?**

Many patients need help from the ceiling lift. It is a normal part of everyday patient care. Using a lift is very important for patients who cannot:

- Stand up from a sitting position.
- Take steps without help.
- Move their own bodies up to the top of the bed without being lifted. These patients may be on sternal precautions or be weak from an illness or surgery.

## **What if my room does not have a ceiling lift?**

If your room does not have a built-in ceiling lift, we can use a portable lift or other devices to help move you.

## **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Patient Transport Supervisor,  
Resource Team:  
206.598.4743