

*The Transferring Lifting Repositioning (TLR®) program® is one part of an employer's comprehensive program to address risks associated with the moving task.*



Workers trained in TLR  
incorporate safety  
into every moving task

**Information  
for Families**

**How  
Your Loved One  
is  
Moved Safely**



*The principles of TLR are adaptable and applicable to a variety of areas where healthcare staff are responsible and accountable for the safe moving and handling of objects and clients.*

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### **Assess for Risks**

then

### **Eliminate or Manage Risks**

may be through adding equipment,  
another worker(s) or delaying the  
move until it is safe

### **Teamwork**

may be more than  
one worker involved

### **Safe Body Mechanics**

to eliminate injuries

### **Effective Communication**

&

### **1-2-3 "Move"**

observing all the time

### **Documentation**

recording any  
changes

SASKATCHEWAN ASSOCIATION FOR  
**SAFE WORKPLACES**  
IN HEALTH

[www.saswh.ca](http://www.saswh.ca)

## Client Mobility Risk Assessment

Workers are trained to do a client mobility risk assessment before any move occurs. This assessment helps to determine the level of assistance your loved one may need. It may be different than how your loved one, with or without your help, moved before. The goal is to prevent injuries to your loved one and to the workers.

Workers adhere to provincial policies that direct them to use the TLR program principles for safe moving.

For these reasons, it is the workers who perform the moves with your loved one. While we acknowledge many family members want to help or move their loved one themselves, it is safer for everyone to let the trained workers perform the move.

## How You Can Help

- ✓ Know that workers are trained to do the assessment and perform the moving task in the safest way.
- ✓ Understand appropriate equipment would be used to ensure a safe move. Equipment may be a transfer belt around your loved one's waist to cue/guide them, slider sheets to help reposition your loved one in bed or in a chair, or even a mechanical lift to move them from one location to another.
- ✓ Help to keep your loved one's room safe for the move. A crowded room can increase the risk of injury - working together you and the staff can help create an environment that is safe for everyone.

## SAFETY FOR EVERYONE

Your loved one's safety and the safety of workers are important. That is why workers are specially trained to move clients safely - whether in bed, from a bed to a chair and even with mechanical lifts.

The training workers receive is called Transferring Lifting Repositioning (TLR®). TLR is a provincially recognized program used extensively in Saskatchewan.



It is important to remember that TLR methods, as well as the equipment, used to move your loved one may change as his/her physical and/or medical status changes.

Please contact any member of the care team if you have questions about how your loved one is safely moved.

## Safe Moving Techniques


The goal is not to take away independence, but to ensure a safe move.

TLR safe client moving techniques include:

- independent - able to safely move on his/her own
- guided - some verbal guidance or cuing is needed
- standing transfers - with one or two workers
- mechanical lifts - sit/stand or total lift
- repositioning in bed/chair

At times the workers may also need assistance from other workers to ensure a safe move is completed.

## An Example of a TLR Logo

Standing Transfer w/belt Two Workers	
Name _____ Date _____	Technique _____
	
Additional information	

This technique most often starts with the client in a sitting position. The client requires:  
• at least two workers for guidance and stabilization  
• the client may require one or more assistants to manage equipment and/or assistance. The number of assistants must be determined by the client's weight and/or equipment as well as the number of assistants.  
At the time of the move and for the duration of the move the client is to be secured at all of the following:  
• can take effective steps  
• is cooperative  
• understands what is expected  
• is predictable and stable in performance and behavior  
Workers always consider the risk of abuse/neglect behavior. As trained to recognize potentially violent situations, as well as how to respond to and report violent incidents.  
Refer to TLR User Manual for additional information.

The TLR logo includes a visual of the technique. Logos may be in different sizes or colors.

Workers use their TLR training and the information on the TLR logo to assist with a safe move.