

**What Caregivers Should Know About Gait Belts**

**What is a gait belt?**

  A Gait Belt is a belt worn around the waist.

**A gait belt is used to -**

* Assist in transferring a patient from one position to another, from bed to chair, chair to chair, or chair to car.
* Aid in repositioning in the seated position.
* Provide support during ambulation.
* To reduce back strain and muscle in jury in the caregiver.

**Remember -**

Keep area between belt and skin padded with a layer of clothing to reduce skin abrasions.

**Instruction**

1. Hold up the belt to ensure the buckle isn't turned inward. Wrap the belt around the patient's waist.

2. Be sure the belt is low enough and well below the breasts for females.

3. Secure the belt by threading it through the [teeth](http://www.ehow.com/how_4890164_put-gait-belt.html), and pulling the excess through the last metal opening. It may be necessary to tuck the slack of the belt into the pants, depending on the length.

4. Run a finger through the belt to check its tightness. No more than a few fingers should fit between the belt and the waist to maintain a good grip.

Resources:
www. Carenetconnection.com

[How to Put on a Gait Belt | eHow.com](http://www.ehow.com/how_4890164_put-gait-belt.html#ixzz1ptYfz400) <http://www.ehow.com/how_4890164_put-gait-belt.html#ixzz1ptYfz400>