

CONNECTICUT VALLEY HOSPITAL

**Physical Therapy Services**

**PT Equipment Procedure # 24**

**Re: Gait Belt**

**Date: March 20, 2000**

**Revised: October 19, 2008**

**Description:**

A webbed belt with or without handholds used to:

1. Assist staff in holding patient when ambulating and transferring.
2. Provide a feeling of security for the patient by providing support.
3. Prevent staff from pulling on patients' shoulders when standing and transferring.
4. Equalize height and weight differences between staff and patients.

**Indications:**

1. Any patient whose coordination and balance are unpredictable when transferring and ambulating.

**Precautions:**

1. Care should be taken to apply the belt above gastric tubes/PEG tubes on patients with these types of assistive devices.
2. Do not leave on patient when not ambulating.

**Procedure:**

1. Place belt around waist of patient and buckle securely.
2. Staff member holds on to loop or around belt depending on type.
3. Second hand should support the arm of the patient.
4. Staff member should stand slightly behind and lateral to the patient.
5. When the gait belt is not in use, it is kept in a secure area inaccessible to patients.
6. Clean as per Physical Therapy Cleaning Procedures. Gait belts are available that do not require washing and that can be wiped with PDI Sani Cloths between uses.