Ask yourself the following questions about the patient’s current status:

### Strength
Can the patient actively lift their hips off the bed? (ie., to assist with dressing/incontinence pads)
- Yes  
- No

Can the patient roll onto their side without assistance?
- Yes  
- No

Can the patient lift each leg straight off the bed?
- Yes  
- No

### Balance
Can the patient sit on the side of the bed without physical support?
- Yes  
- No

Can the patient sit/lean forward in a chair without support?
- Yes  
- No

### Cognition
Does the patient cooperate and follow simple commands?
- Yes  
- No

Does the patient’s ability to cooperate remain consistent? (ie., time of day, different caregivers)
- Yes  
- No

If you answered ‘No’ to ANY question: Use a mechanical lift.
If you answered ‘Yes’ to ALL questions, proceed to the next section:
Bend, Hold, Weight-bear

Can the patient **bend** at their hips, knees and ankles?

☐ Yes  ☐ No

Can the patient hold onto the lift handles with **both** hands?

☐ Yes  ☐ No

Can the patient keep their feet flat on the lift footplate during the transfer and **weight-bear** through both legs (~50-60%)?

☐ Yes  ☐ No

If you answered ‘No’ to ANY question: Use a mechanical lift.
If you answered ‘Yes’ to ALL questions, proceed to the next section:

Stand and Step

Can the patient **stand** and **step** with **both** feet?

☐ Yes  ☐ No

If you answered ‘No’: Use a sit/stand lift.
If you answered ‘Yes’: Provide assistance using a walker.