

Checklist: Ambulate Using a Gait Belt

Ambulate Using a Gait Belt	Able to Perform	Unable to Perform
1. Review the patient's care plan, mobility status, and any activity restrictions before ambulation.	<input type="checkbox"/>	<input type="checkbox"/>
2. Perform hand hygiene before patient contact.	<input type="checkbox"/>	<input type="checkbox"/>
3. Gather necessary equipment, including a properly sized gait belt and appropriate footwear for the patient.	<input type="checkbox"/>	<input type="checkbox"/>
4. Identify the patient using facility-approved identification procedures.	<input type="checkbox"/>	<input type="checkbox"/>
5. Explain the ambulation procedure to the patient and obtain cooperation.	<input type="checkbox"/>	<input type="checkbox"/>
6. Ensure the patient is wearing non-slip footwear before standing.	<input type="checkbox"/>	<input type="checkbox"/>
7. Check the environment for safety hazards such as wet floors, clutter, or unsecured cords.	<input type="checkbox"/>	<input type="checkbox"/>
8. Raise the bed to a safe working height if needed.	<input type="checkbox"/>	<input type="checkbox"/>
9. Assist the patient to a sitting position at the edge of the bed and allow time for dizziness or weakness to resolve.	<input type="checkbox"/>	<input type="checkbox"/>
10. Apply the gait belt securely around the patient's waist over clothing, ensuring it is snug but not restrictive.	<input type="checkbox"/>	<input type="checkbox"/>
11. Position the buckle slightly off center in the front of the patient's body for comfort and accessibility.	<input type="checkbox"/>	<input type="checkbox"/>
12. Stand in front of the patient with feet shoulder-width apart and knees slightly bent using proper body mechanics.	<input type="checkbox"/>	<input type="checkbox"/>
13. Instruct the patient to place hands on the bed or chair armrests when standing. Do not allow pulling on the caregiver.	<input type="checkbox"/>	<input type="checkbox"/>
14. Grasp the gait belt securely from underneath with both hands.	<input type="checkbox"/>	<input type="checkbox"/>
15. Assist the patient to stand using a coordinated count if needed.	<input type="checkbox"/>	<input type="checkbox"/>
16. Pause once standing to assess balance, strength, and signs of dizziness or instability.	<input type="checkbox"/>	<input type="checkbox"/>
17. Stand slightly behind and to the weaker side of the patient during ambulation.	<input type="checkbox"/>	<input type="checkbox"/>
18. Maintain a secure hold on the gait belt while walking alongside the patient.	<input type="checkbox"/>	<input type="checkbox"/>
19. Encourage the patient to walk at a safe and comfortable pace.	<input type="checkbox"/>	<input type="checkbox"/>
20. If the patient begins to fall, widen your stance, maintain hold of the gait belt, and assist the patient gently to the floor while protecting the head and body from injury.	<input type="checkbox"/>	<input type="checkbox"/>
21. Assist the patient to a chair or bed at the completion of ambulation.	<input type="checkbox"/>	<input type="checkbox"/>
22. Remove the gait belt carefully after the patient is safely seated or positioned.	<input type="checkbox"/>	<input type="checkbox"/>
23. Ensure the patient is comfortable and that the call light and personal items are within reach.	<input type="checkbox"/>	<input type="checkbox"/>
24. Perform hand hygiene after completing the procedure.	<input type="checkbox"/>	<input type="checkbox"/>
25. Document the ambulation activity, distance walked, level of assistance provided, use of gait belt, and patient tolerance according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>