



# 1b. Sit to stand from behind – 1 or 2 workers

## How to use this form:

This procedure must be reviewed for appropriateness in the immediate workplace by the supervisor/manager in consultation with the staff doing the task.

## Staff contributing to the review of the procedure for the immediate workplace:

## Date:



Identified risks for this task	Risk controls
<ol style="list-style-type: none"> <li>1. Use of unsafe actions, postures and movements to complete the tasks.</li> <li>2. Clients unable to weightbear or partially weightbear.</li> <li>3. Clients with fluctuating medical, mobility or behavioural status.</li> <li>4. Poor communication between workers.</li> <li>5. Worker(s) not trained in the manual handling principles and techniques which support the safe application of this procedure.</li> <li>6. Worker(s) not trained/instructed in this safe work procedure.</li> </ol>	<ol style="list-style-type: none"> <li>1. Use the techniques of manual handling as outlined in this safe work procedure.</li> <li>2. Review Client Manual Handling Plan. If the client has difficulty weight bearing on standing, return him/her to the chair and use an alternate method of transferring the client.</li> <li>3. Review Client Manual Handling Plan. 1-2 Workers will be required to assist with the transfer depending on the client's level of dependence and behaviour.</li> <li>4. Ensure both workers are aware of the transfer technique to be used. Practice effective team communication during the task as per this procedure.</li> <li>5. Worker(s) should receive training/instruction in the principles of manual handling to safely perform this task.</li> <li>6. Worker(s) must receive appropriate on site training/instruction in this procedure prior to performing this task.</li> </ol>
<p><b>Ongoing review requirements</b></p> <ul style="list-style-type: none"> <li>• Review the relevance and currency of this procedure to the client as part of the client review process.</li> <li>• If an injury/incident occurs relating to this particular task.</li> <li>• If changes are made to the workplace that may affect implementation of this procedure.</li> </ul>	<p><b>Reviewed by:</b></p> <p><b>Reason for review:</b></p> <p><b>Review date:</b></p> <p><b>Manager's Signature:</b></p> <p><b>Date:</b></p> <p style="text-align: right;">Please turn over for Task Steps...</p>

Acknowledgement to Lynn-Varcin-Coad for this procedure



## 1b. Sit to stand from behind – 1 or 2 workers

**This procedure is only appropriate for clients who are able to support most or all of their body weight in standing and can assist throughout the transfer process.**

### TASK STEPS

#### Preparation

1. Ensure the client is seated in an appropriate chair from which they can be easily assisted to transfer.
2. Ensure there is access to both sides and the back of the chair.
3. Apply brakes, remove or swing away footplates if present.
4. Ensure the client has appropriate footwear.
5. Explain the task to the client, and inform the client of what they are to do during the transfer.
6. If two Workers are assisting with the transfer, nominate a team leader (known as Worker 1). Check understanding of instruction READY, BRACE, STAND with Worker 2.

#### Doing the task

1. Ask the client to shift their buttocks forward in the chair. If the client requires assistance. (See Procedure 1a Moving Forward on a Chair). Check the client's feet are flat on the floor, positioned slightly behind their knees, approximately shoulder width apart. Client's knees should be level with or slightly lower than their thighs.
2. Ask the client to lean forward, "nose over toes" and to look up, where possible.
3. Where possible, the client should place their hands on the armrests of the chair to assist with pushing up to standing.
4. Worker(s) stand alongside the client facing in the same direction. The Worker(s) hip and shoulder is approx level with the clients shoulder.
5. Worker(s) step their outside leg forward into a forward/backward lunge position. Soften their knees and sink at the hips so that their shoulder is in line with the clients shoulder.

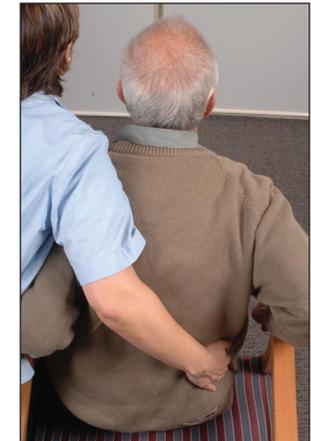
*Acknowledgement to Lynn-Varcin-Coad for this procedure*

Please turn over for Task Steps continued...

6. Worker(s) position their outside hand onto the front of the client's shoulder that is closest to them.



7. Worker(s) 'sandwiches' the client's shoulder between the front hand (already positioned) and their own shoulder. To do this the Workers sink down so the front of their shoulder nearest to the client is firmly positioned behind the clients shoulder blade. The Workers arm rests lightly across to the client's opposite hip.
8. Using the cues "READY, BRACE", workers transfer their body weight onto their back leg whilst simultaneously rocking the client back in the chair. Stabilise the pelvic floor and lower abdominals.



9. Using the cue "STAND", workers transfer their body weight forward onto their front leg as they assist the client to stand. Maintain contact at the shoulders throughout the movement. Workers come to a standing position with the client.

### Concluding task

1. Continue to support the client in standing until the client is balanced or continue moving forward to establish momentum for walking.

