



# 1d. Sit to stand one front and one back - 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. 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>

Acknowledgement to Lynn-Varcin-Coad for this procedure

Please turn over for Task Steps...



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**This procedure is only appropriate for clients who are able to support most or all of their body weight in standing and can assist and co-operate throughout the transfer process. This is a very safe procedure to assess a client's ability to weightbear.**

### 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 all sides of the chair.
3. Apply brakes. Remove or swing away footplates if present.
4. Ensure the client is wearing appropriate footwear.
5. Explain the task to the client, and inform the client of what they are to do during the transfer.
6. As 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 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 1 stands in front of the client facing in the opposite direction from the client.
5. Worker 1 steps their outside leg forward along the outside of the chair then, softens their knees and sinks at the hips so that their shoulder is in line with the clients.
6. Worker 1 positions their outside hand onto the back of the client's shoulder blade that is closest to them.

Please turn over for Task Steps continued...

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7. Worker 1 'sandwiches' the clients shoulder between the back hand (already positioned) and their own shoulder. To do this the Worker sinks down so the front of their shoulder nearest to the client is firmly positioned in front of the clients shoulder. The Workers arm rests lightly across the front of the client onto the client's opposite hip.
8. Worker 2 stands alongside the client facing in the same direction as the client on the opposite side to Worker 1.
9. Worker 2 steps their outside leg forward, "softens" their knees and "sinks" at the hips so that their shoulder is in line with the client's shoulder.
10. Worker 2 positions their outside hand onto the front of the clients shoulder that is closest to them.
11. Worker 2 'sandwiches' the clients' shoulder between the front hand (already positioned) and their own shoulder. To do this the Worker sinks down so the front of their shoulder nearest to the client is firmly positioned behind the clients shoulder blade. The Worker's arm rests lightly across to the clients opposite hip.
12. Worker 1 uses the cues "READY, BRACE", as Worker 1 transfers their body weight onto their front leg and Worker 2 transfers their weight into their back leg whilst simultaneously rocking the client back in the chair. "Stabilise" the pelvic floor and lower abdominals.
13. Worker 1 uses the cue "STAND", Worker 1 transfers their body weight into their back leg and Worker 2 transfers their body weight 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.