



1e. Sit to stand from the side - 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"> 1. Use of unsafe actions, postures and movements to complete the tasks. 2. Clients unable to weightbear or partially weightbear. 3. Clients with fluctuating medical, mobility or behavioural status. 4. Poor communication between workers. 5. Worker(s) not trained in the manual handling principles and techniques which support the safe application of this procedure. 6. Worker(s) not trained/instructed in this safe work procedure. 	<ol style="list-style-type: none"> 1. Use the techniques of manual handling as outlined in this safe work procedure. 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. 3. 1-2 Workers will be required to assist with the transfer depending on the client's level of dependence and behaviour. 4. Ensure both workers are aware of the transfer technique to be used. Practice effective team communication during the task as per this procedure. 5. Worker(s) should receive training/instruction in the principles of manual handling to safely perform this task. 6. Worker(s) must receive appropriate on site training/instruction in this procedure prior to performing this task.
<p>Ongoing review requirements</p> <ul style="list-style-type: none"> • Review the relevance and currency of this procedure to the client as part of the client review process. • If an injury/incident occurs relating to this particular task. • If changes are made to the workplace that may affect implementation of this procedure. 	<p>Reviewed by:</p> <p>Reason for review:</p> <p>Review date:</p> <p>Manager's Signature:</p> <p>Date:</p>

Please turn over for Task Steps...



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This procedure is only appropriate for clients who require minimal assistance or cannot be transferred from the front. The client is able to support most or all of their body weight in standing and can assist throughout the transfer process.

TASK STEPS

Preparation

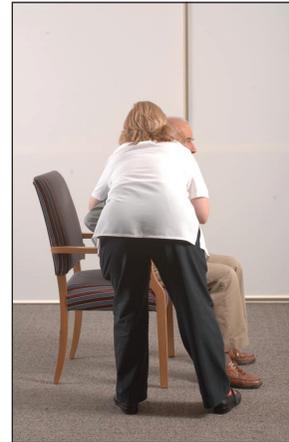
1. Ensure the client is seated in an appropriate chair from which they can be easily assisted to transfer.
2. Ensure there is access to both sides and the back of the chair for Workers.
3. Apply brakes. Remove or swing away footplates if present.
4. Ensure the client is wearing appropriate footwear.
5. Explain the task to the client, and inform the client of what they are to do during the transfer.
6. 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 the 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.

Please turn over for Task Steps continued...

4. Worker(s) stand alongside the client facing the side of the chair with their back hip in line with client's shoulder. Stand with a wide base of support. The Worker(s) back foot is in line with the client's hip and the Worker(s) front foot is positioned in front of the client's foot (if required). Worker(s) are in a side lunge position with their weight on the back foot.



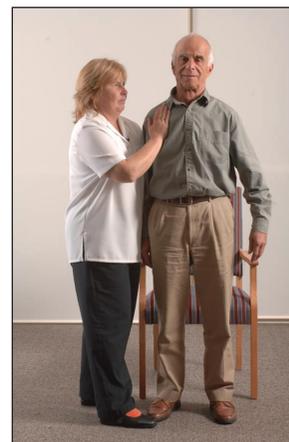
5. Worker (s) position their back hand behind the client's back onto the client's hip or shoulder blade on the same or opposite side. The worker(s) front hands are placed on the front of the client's shoulder that is closest to them.
6. Maintain the three natural curves of the spine, soften (the knees), sink (at the hips) and stabilise (the lower abdominals and pelvic floor).



7. Worker 1 uses the cues "READY, BRACE, STAND", worker(s) transfer their body weight from their back leg to their front leg using a sideways lunge. Worker(s) come to a standing position with the client, bringing their front foot in front of the client's hip and knee (if required) and their back foot towards the front foot.)

Concluding task

1. Continue to support the client in standing until the client is balanced.



VARIATION

This transfer can also be completed with a transfer belt if prescribed by a qualified health professional.

Points to consider when using a transfer belt.

1. Standing belts do not replace safe manual handling practices, they are an aid.
2. They provide a grip, but are not a lifting device.
3. Correct size and positioning are important. Position around the lower rib cage, not the chest or stomach. Firmly fasten.
4. Do not lift the client by the belt – facilitate a normal pattern of movement utilising the principles of safe manual handling – particularly keeping the elbows bent and close to the body and shoulders relaxed.

Doing the task

Workers can either:

- Hold the handles of the transfer belt with both hands on the side closest to the worker.
- Hold the back handle of the transfer belt with their back hand and place their front hand on the front of the client's shoulder that is nearest to the Worker.
- Hold the front handle of the transfer belt with their front hand and place their back hand onto the client's shoulder or hip that is nearest to the Worker.

The steps of the task are completed as above.

