



1f. Sit to stand with a walking frame - 1 worker

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 not trained in the manual handling principles and techniques which support the safe application of this procedure. 6. Worker not trained/instructed in this safe work procedure. 	<ol style="list-style-type: none"> 1. Client stands using a stable surface for support or Worker stabilises the frame and the client stands independently. 2. 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. Review Client Manual Handling Plan or Manual Handling Procedures for an alternative procedure. 4. Worker should receive training/instruction in the principles of manual handling to safely perform this task. 5. Worker 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. 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 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. Ensure walking frame is adjusted to the level of the client's hips.

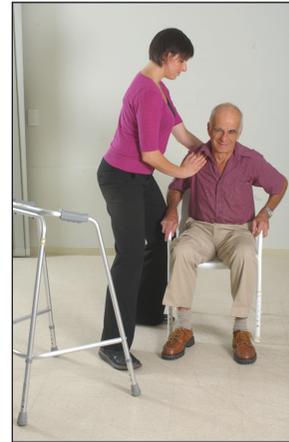
Doing the task

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...

Option 1 - Client requires minimal assistance to stand and to position walking aid

1. Position walking frame in front of and to the side of the client so it can be moved into position by the Worker once the standing transfer is completed.
2. Follow (procedure for Sit to Stand Transfer).
3. Worker positions the walking frame in front of the client once they are standing so it is approximately one step in front of the client and so the client can comfortably reach the frame.



Option 2 - This procedure should only be used if the client does not require any physical assistance to stand, and the Worker is free to support the equipment.

1. The walking frame is positioned in front of the client so once they are standing it is approximately one step in front of the client and so the client can comfortably reach the frame.
2. The Worker stands facing the client supporting the frame.
3. The client will stand by pushing up off the chair into standing.



Concluding task

1. Continue to support the frame until the client is balanced.