



## 2c. Assisted walking 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"> <li>1. Client unable to weightbear or partially weight bear. Clients who are inconsistently weightbearing.</li> <li>2. Client with fluctuating medical, mobility or behavioural status.</li> <li>3. Slip/trip hazards.</li> <li>4. Worker not trained in manual handling principles and techniques which support the safe application of this procedure.</li> <li>5. Worker not trained/instructed in this safe work procedure.</li> </ol>	<ol style="list-style-type: none"> <li>1. If the client has difficulty weightbearing, use an alternative method to mobilise the client.</li> <li>2. Review Client Manual Handling Plan or Manual Handling Procedures.</li> <li>3. Ensure that the path is clear of slip/trip hazards.</li> <li>4. Worker should receive training/instruction in the principles of manual handling to safely perform this task.</li> <li>5. Worker 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>

Please turn over for Task Steps...



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### TASK STEPS

#### Preparation

1. Review the client's Manual Handling Plan or Manual Handling Procedures to determine how he/she mobilises.
2. Ensure the client is wearing appropriate footwear.
3. Ensure path is clear of all slip/trip hazards.
4. Ensure the walking frame is close by. The walking frame should be adjusted to the level of the client's hips to be the correct height.
5. Explain the task to the client, and inform the client of what they are to do.
6. Starting position, client is in a standing position holding onto the frame (see Procedure 1f Sit to Stand with Walking Frame).

#### Doing the task

1. Worker stands behind the client.
2. Worker positions both hands on the client's hips.
3. Encourage the client to commence walking, placing the frame approximately 1 step in front of them. The client then steps into the frame. The Worker walks behind the client supporting him/her at the hips as they mobilise.

#### Concluding task

1. Worker continues to mobilise the client supporting them at the hips until the destination is reached.
2. Worker assists the client to sit in accordance with the procedure for (Stand-to-Sit Transfers – 1 Worker).

