



2d. Assisted walking with a walking stick - 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. Client unable to weightbear or partially weight bear. Clients who are inconsistently weightbearing. 2. Client with fluctuating medical, mobility or behavioural status. 3. Slip/trip hazards. 4. Worker not trained in manual handling principles and techniques which support the safe application of this procedure. 5. Worker not trained/instructed in this safe work procedure. 	<ol style="list-style-type: none"> 1. If the client has difficulty weightbearing, use an alternative method to mobilise the client. 2. Review Client Manual Handling Plan or Manual Handling Procedures. 3. Ensure that the path is clear of slip/trip hazards. 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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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 stick is close by. The top of the walking stick should be at the height of the client's hip joint to be the correct height. The client holds the walking stick in their strongest hand, usually opposite the weaker leg.
5. Explain the task to the client, and inform the client of what they are to do.
6. Starting position, the client is in a standing position holding the walking stick. (See Procedures for Sit to Stand Transfers).

Doing the task

1. Worker stands on the client's weaker side (without the walking stick).
2. Worker places their arm closest to the client around the back of the client putting their hand onto the client's far hip (if required).
3. The Worker positions their other hand onto the front of the client's shoulder girdle (if required).
4. Worker and client walk side-by-side. The stick and the weak leg go forward together. The worker can control the client's direction of movement at the client's hip with the hand that is behind the client.

Concluding task

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

