



2f. Negotiating steps using 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 the 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...

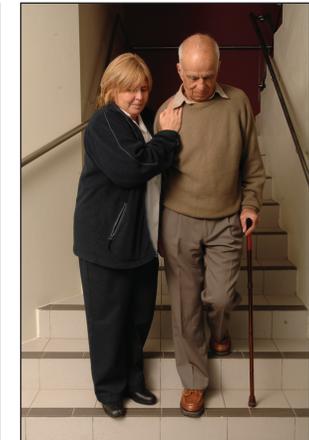


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TASK STEPS

Preparation

1. Ensure the client is wearing appropriate footwear.
2. Ensure the path is clear of all slip/trip hazards.
3. Ensure the client has their walking stick. 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 their weaker leg.
4. Explain the task to the client, and inform the client of what they are to do.
5. Worker to stand on the client's weaker side (without the walking stick).
6. The client either holds the rail (if there is one) with their stronger hand and the worker carries the stick OR the client uses their stick in their strongest hand if there is no rail.
7. Worker places their arm closest to the client around the back of the client putting their hand onto the client's far hip
8. If the client cannot grip with their weaker arm the Worker positions their outside hand on the front of the client's shoulder girdle as required or the worker uses their outside arm to support the client's forearm which should be bent at the elbow.
9. If the client can grip with their weaker arm, the Worker positions their outside arm as follows: elbow bent and close to their side with the shoulder relaxed, upright fist with the thumb tucked in, wrist in neutral for client to grip as a "walking stick."



Please turn over for Task Steps continued...

Note

The client should merely be resting their hand on the Worker's fist, and not leaning onto them.

Doing the task

Going down steps

1. Client and worker are standing side by side at the top of the steps.
2. To go down the steps, the client's weaker leg goes down first. (Bad foot to hell.)
3. The client then steps their stronger leg down onto the step or through to the next step.
4. The worker can control the client's direction of movement by directing at the hip with the hand that is behind the client.

Going up steps

1. Worker and client are standing side-by-side at the bottom of the steps.
2. To go up steps, the client steps up with their good leg first. (Good leg to heaven).
3. The client then steps up onto the same step with their weaker leg.
4. The worker can control the client's direction of movement by directing at the hip or shoulder blade 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 or arm as required until the destination is reached.

