



## 2g. Controlled falls - 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. Applying this procedure to all clients who are known to fall or who are at risk of falling.</li> <li>2. Applying this procedure to a sudden/unpredictable fall.</li> <li>3. Using this procedure with a large and/or heavy client.</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. Develop falls management plans for clients who are known to fall or who are at risk of falling.</li> <li>2. Only apply this procedure when the fall is anticipated by the worker.</li> <li>3. Do not use this procedure.</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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**This procedure should only be used if it has been determined by the work team that the client is appropriate for workers to manage with a controlled fall. If the client is prone to sudden, unpredictable falls then the safest option is to let the client fall. It is not appropriate to use this procedure with large heavy clients in any circumstances. This is an advanced procedure, workers are advised to watch the DVD.**

### TASK STEPS

#### Preparation

1. Have a falls management plan in place for each client where there is a known risk of falling.
2. Always walk clients using correct procedures in order to minimise the risk of falling. (See Procedures for Assisted Walking).

#### Doing the task

Worker is Walking Beside the Client (as per procedure 2a Assisted Walking without Equipment)

1. The worker senses that the client is going to fall or is struggling to remain weight bearing.
2. Using the client's hip that is furthest from the worker, the worker pulls the client towards their own hip. At the same time, the Worker assumes a wide stance, maintains the three natural curves of the spine, bends (the knees) and stabilises (the pelvic floor and lower abdominals).
3. The Worker "sits" the client onto their thigh.
4. At this point, if the client and Worker can maintain this position the Worker can call for assistance or for a chair.

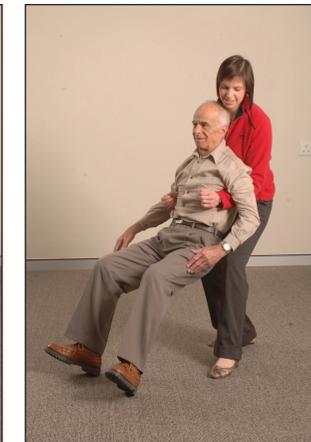
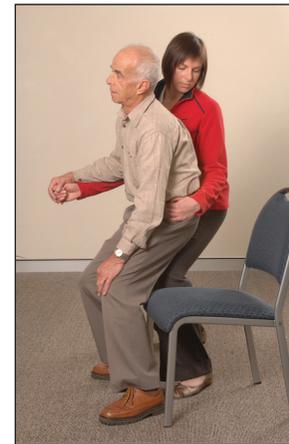


Please turn over for Task Steps continued...

5. If the client and Worker cannot maintain the position, the Worker remains upright (as in Step 4) and allows the client to slide down the front of their thigh and onto the ground.

**Worker is Walking Behind the Client – guiding at the client’s hips – (as per procedure 2a Assisted Walking with a Walking Frame – 1 Worker)**

1. The worker senses that the client is going to fall or is struggling to remain weight bearing.
2. The Worker draws the client as close to themselves as possible, at the same time, the Worker walks backwards. As the Worker does this, their forearms will slide up under the client’s armpits.
3. The Worker continues to walk backwards, maintaining the three natural curves of the spine and stabilising (the pelvic floor and lower abdominals).
4. As the Worker moves backwards the client slides down the front of the Worker.
5. Once the Worker has reached a position where they are in a wide stance with their knees bent and can maintain the three natural curves of the spine, they maintain this position and allow the client to go to the ground.



**Following the fall**

1. If the client is able to assist themselves up off the floor, see procedure 2h Assisting a Mobile Client up from the Floor.
2. If the client has sustained an injury, a qualified person must assess the status of the client following the fall and make a decision regarding the best way to mobilise them.

