2h. Assisting a mobile client up from the floor - 1 worker

This procedure requires 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
1. Applying this procedure to a client who cannot assist.	1. Identify an alternative procedure.
2. Working at ground level and moving a load.	2. Use correct postures, actions and movements as per this procedure.
3. Using this procedure with a large and/or heavy client.	3. Do not use this procedure.
4. Worker not trained in manual handling principles and techniques which support the safe application of this procedure. .	4. Worker should receive training/instruction in the principles of manual handling to safely perform this task.
5. Worker not trained/instructed in this safe work procedure.	5. Worker must receive appropriate on site training/instruction in this procedure prior to performing this task.

Ongoing review requirements	Reviewed by:
• Review the relevance and currency of this procedure to the client as part of the client review process.	**Reason for review:**
• If an injury/incident occurs relating to this particular task.	**Review date:**
• If changes are made to the workplace that may affect implementation of this procedure.	**Manager's Signature:** **Date:**

Please turn over for Task Steps…

2h. Assisting a mobile client up from the floor - 1 worker

This procedure only applies to clients who can assist throughout the process. The Worker must be sure the client is not injured prior to using this procedure. This is an advanced procedure and the Worker is advised to watch the DVD.

TASK STEPS

Preparation

1. The client is on the floor, uninjured and can assist to get themselves up.

2. Ensure there is adequate space around the client so the Worker can access them from all sides.

3. Position a chair within reach, near the client's head.

Doing the task

Roll the client onto their side

1. The client is to be rolled onto their weaker side (if they have one).

2. The Worker is positioned on the client's stronger side between the client's hips and shoulders in a half kneel position.

3. Position the client's arm that is closest to the Worker across their chest and position the clients other arm out from the side of their body. Ask the client to turn their head to the side they are going to roll towards.

4. Ask the client to roll onto their side.

5. If assistance is required, the Worker positions their hands on the client's hip and shoulder that is closest to them.

6. The worker maintains the three natural curves of the spine, Sinks at the hips and Stabilises (the pelvic floor and lower abdominals). The Worker's weight is transferred into their back leg.

7. As the Worker assists the client to roll, they transfer their weight into their front leg, moving at the hips.

Assisting the client from side lying to side sitting

1. The Worker moves to the front of the client, positioned between the client's hips and shoulders in a half kneel position, with the knee that is up near the client's head.

2. The client positions their top arm onto the floor in front of them (they will push up on this arm). The Worker asks the client to bend their knees. The Worker assists if required.

3. The Worker asks the client to sit up.

4. If the client requires assistance, the Worker positions one hand under the client's shoulder that is on the floor and the other hand on top of the client's hip.

5. The worker maintains the three natural curves of the spine, Sinks (at the hips) and Stabilises (the pelvic floor and lower abdominals). The Worker's weight is transferred into the knee that is up.

6. As the Worker assists the client to sit into side sitting, they transfer their weight into their other leg, moving sideways at the hips.

Assisting the client from side sitting to kneeling on both knees

1. The Worker is behind the client in a half kneel position.

2. The client has one hand on the floor supporting their weight. The client positions their other hand onto the floor in front of them.

3. The Worker asks the client to move onto both hands and knees.

4. If the client requires assistance, the Worker is in a low squat, maintaining the three natural curves of the spine, Stabilising (the pelvic floor and lower abdominals).

5. The Worker positions their hands onto the client's hips. As the client moves into kneeling the Worker guides the client's hips from the ground. The Worker moves into a higher squat and steps around as the client moves.

6. The Worker is now standing behind the client, straddling their legs.

Assisting the client from kneeling on both knees to sitting on the chair

1. Position the chair within easy reach of the client.

2. Ask the client to put one hand onto the chair and then the other.

3. Ask the client to bend one leg up so they are in a half kneel. If the client requires assistance, the Worker is behind the client, maintaining the three natural curves of the spine, Softening (the knees) Sinking (at the hips) and Stabilising (the pelvic floor and lower abdominals). The worker assists the client to position their leg.

4. Ask the client to push on the chair and come into a standing position.

5. If the client requires assistance the Worker is positioned behind the client and provides assistance to the client by guiding at the hips.

6. The client turns and sits onto the chair. If assistance is required see procedure 1g Assisted Stand to Sit.

Concluding task

1. Allow the client to rest on the chair and assist to mobilise once ready.