



## 5b. Showering a seated client - 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. Working in awkward postures and positions.</li> <li>2. Inadequate space around the chair.</li> <li>3. Floor of bathroom is wet and may be slippery.</li> <li>4. Standing a client in the shower whose weightbearing status may fluctuate.</li> <li>5. Worker not trained in manual handling principles and techniques which support the safe application of this procedure.</li> <li>6. Worker not trained/instructed in this safe work procedure.</li> </ol>	<ol style="list-style-type: none"> <li>1. Apply the techniques of manual handling as per this procedure. Encourage the client to assist where possible. Worker to change position frequently.</li> <li>2. Position the chair in the recess to enable access to as many sides as possible or move the mobile shower commode during the procedure as required to access both sides.</li> <li>3. Worker to wear appropriate footwear, ensure floor is dried after the shower is completed or prior to a standing transfer being conducted.</li> <li>4. Review Client Manual Handling Plan. Use an alternative method to shower the client.</li> <li>5. Worker should receive training/instruction in the principles of manual handling to safely perform this task.</li> <li>6. 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. Position the chair to ensure access for the worker to as many sides as possible.
2. Explain the task to the client and inform the client of what they are to do during the transfer.
3. The client is seated on a mobile shower commode chair, which the worker pushes into position (see procedure – Pushing Mobile Commode Chair).

OR

The client is transferred onto a shower chair or shower stool. (See procedures for Stand to Sit Transfers)

4. Set up the bathroom, ensuring that all items are located near by. If the client is required to stand during this procedure ensure the chair is positioned near the handrail.
5. Water temperature adjusted and checked with the client.

#### Doing the task

1. Encourage the client to assist in washing /drying themselves as much as possible throughout the task.
2. The worker uses the shower hose to wet the client.

#### Washing the Upper Body

1. Worker positions themselves close to the body part they are working on. Wash areas within comfortable reach. Maintain the three natural curves of the spine and reposition self using your legs to move around the chair. If the client is seated in a mobile shower commode move the commode chair in order to wash the client.
2. Ask the client to lean forward in order to wash their back. If unable to comfortably reach the area being washed a long handled sponge may assist in reaching.
3. Rinse the client.



Please turn over for Task Steps continued...

## Washing the Lower Body

1. When washing the client's lower limbs adopt a semi-squat position in front of them or to the side of their legs to avoid bending and twisting. Move to the body part on which you are working. Where possible prop with one hand on the chair.

### Option 1- Client Stands

#### Standing with a Rail at the Front

1. Position the client so they will be able to hold the rail when they stand up.
2. Assist the client to stand so they can hold onto the rail (see Section 1 - Assisted Sit to Stand Transfers.)
3. The Worker stands to the side of the client and washes the client whilst maintaining the three natural curves of the spine, softening (the knees), sinking (at the hips) and stabilising (the pelvic floor and lower abdominals).

#### Standing with a Rail at the Side

1. Position the client so they will be able to hold the rail when they stand up, preferably with their strongest hand.
2. The Worker washes the client from in front or behind.
3. If there is no access to the front or back of the client the Worker can wash the client from the side whilst applying the techniques of manual handling.

Return the client to sitting (see 1g Stand to Sit Transfer).



Please turn over for Task Steps continued...

## Option 2 – Client sitting on mobile shower commode chair

1. Adopt a squat, semi squat or half kneel to wash the client's buttocks. Face the chair squarely during the task. Prop with one hand on the side or the back of the mobile commode chair.
2. Turn off the shower

## Drying the Client

1. If the client is going to stand in the shower recess. Dry the floor and rail before standing.
2. When the client is in standing dry the chair and the client's buttocks before they are seated. Place a dry towel over the chair. Assist the client to sit (see 1g Stand to Sit Transfer).
3. Dry the upper and lower body of the client using the techniques above for washing the client.
4. If the client is in a mobile shower commode chair, move the chair out of the recess if possible to allow for increased access to the client.
5. To dry the client's feet use one of the following options:
  - Worker adopts a half kneel beside the client's legs. Position the client's ankle over the worker's raised knee.
  - Client's foot is placed on a foot stool the worker uses the techniques of manual handling whilst drying.
  - Dry the client's feet whilst on the bed.

## Concluding the task

1. The client could be dressed in the bathroom using standing transfers (see 5f and 5g Assisted Dressing) or transferred back to bed to dress the lower body (see 5e Dressing the Dependant Client).

