



5c. Pushing a mobile commode chair - 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. Pathway obstructed (including lips/metal strips at doorways). 2. Commode wheels not turning freely. 3. Use of upper body strength and twisting of lower back to complete the task. 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&2. Prior to moving the commode ensure the pathway is clear. Complete Hazard Report Form or maintenance request for any obstructions or equipment faults. 3. Use lower body action to complete the tasks as specified in this safe work procedure. 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...

5c. Pushing a mobile commode chair - 1 worker



This procedure requires 1 worker

TASK STEPS

Preparation

1. Ensure the pathway is clear.
2. Transfer the client into the chair (see 1h Stand and Pivot Transfer or Section 7 - Hoist Transfers and 10a Positioning in a Chair using a Hoist).
3. Ensure the client's feet are positioned securely onto the footplate.
4. Explain the task to the client, and inform the client.

Doing the task

1. Stand behind the chair holding onto the bar/ handle. The worker keeps their elbows bent and close to their body, shoulders relaxed. The chair will be kept close to the Worker's body.
2. The worker pushes the chair in front of them using lower body action, stabilising the pelvic floor and lower abdominals. Maintain the three natural curves of the spine by standing upright.
3. Transport the client to the required area.
4. If a slightly uneven surface has to be negotiated with a commode with four small wheels it is safer to go backwards, one wheel at a time. Use lower body action and avoid lifting.



Concluding task

1. Apply brakes on commode.
2. If required to transfer the client follow 1h Stand and Pivot Transfer or Section 7 - Hoist Transfers.
3. See 5b Showering a Seated Client.