



5d. Showering a client on a shower trolley - 2 workers

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 cannot be safely rolled on the trolley. 2. Working in awkward postures and positions. 3. Trolley unstable and moving during showering. 4. Inadequate space on both sides of the trolley. 5. Client comes to sitting or kneeling without warning. 6. Shower trolley in tilted position. 7. Client moves quickly & easily on wet, slippery surface. 8. Workers not trained in manual handling principles and techniques which support the safe application of this procedure. 9. Workers not trained/instructed in this safe work procedure. 	<ol style="list-style-type: none"> 1. Use alternative method of showering. 2. Adjust the trolley to the groin height of the shortest worker. Apply the techniques of manual handling as per this procedure. 3. Apply trolley brakes, ensure the trolley is stable. 4. Position trolley to ensure access to both sides. If inadequate space both workers stand on one side of trolley being aware of additional risk if the client has uncontrollable movements, is heavy or large build. 5. Use an alternative method of showering. 6. Shower client with trolley in level position. 7. Place a towel on the trolley before positioning the client. 8. Workers should receive training/instruction in the principles of manual handling to safely perform this task. 9. Workers 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. Position the trolley to ensure access for a worker on both sides.
2. Adjust the height of the trolley to the groin height of the shortest worker.
3. Apply the trolley brakes.
4. Position trolley pillow in appropriate position & ensure all equipment is near by. Music, toys at hand if necessary.
5. Client is hoisted onto the trolley (see 7a Hoist Transfer – Bed to Shower Trolley).
6. Sling removed & client undressed
7. Water temperature adjusted.

Doing the task

Washing the Front & Sides of the Client

1. The Workers stand on both sides, facing the side of the trolley.
2. Worker 1 uses the shower hose to wet the client.
3. Worker 2 washes those parts of the client that are within comfortable reach. Worker 1 washes those parts of the client close to them.
4. Both workers move to the body part on which they are working. Maintain the three natural curves and keep moving in the legs.
5. Rinse the client.



Please turn over for Task Steps continued...

Washing the Back of the Client

1. Roll the client (see 8b Rolling – 2 Workers). Remember that the client will move quickly & easily on the wet, slippery surface
2. The Worker on the side the client is facing supports the client at the hip and shoulder whilst maintaining the three natural curves of the spine, Softening the knees, Sinking (at the hips) and Stabilising (the pelvic floor and lower abdominals).
3. Worker 2 washes the client by moving to the body part on which they are working and maintaining the three natural curves of the spine.
4. Rinse the client.



Drying the Client

1. Dry the surface of the trolley.
2. Dry the front and sides of the client using the techniques above for washing the client.
3. Dry the back of the client using the techniques above for washing the client. Apply creams, position incontinence pad appropriately.
4. Position Hoist Sling.

Concluding task:

1. Roll the client onto their back (see 8b Rolling – 2 Workers).
2. Ensure the sling is positioned centrally and appropriately for the client to be hoisted to their wheelchair or bed.