



## 5e. Dressing the dependent client - 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"> <li>1. Working in awkward postures and positions.</li> <li>2. Workers not trained in manual handling principles and techniques which support the safe application of this procedure.</li> <li>3. Workers not trained/instructed in this safe work procedure.</li> </ol>	<ol style="list-style-type: none"> <li>1. Adjust the bed to groin height. Apply the techniques of manual handling as per this procedure.</li> <li>2. Workers should receive training/instruction in the principles of manual handling to safely perform this task.</li> <li>3. Workers 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...



## 5e. Dressing the dependent client - 2 workers

### TASK STEPS

Dressing a dependent client in lying

#### Preparation

1. The client is lying on a bed, shower trolley or change table.
2. If the client has spasm or uncontrolled movement (see 5a Tips for Handling Spasm and Uncontrolled Movement).
3. Position the bed or trolley so there is access for a worker on each side.
4. Adjust the bed or trolley to the groin height of the shortest worker.
5. Apply the brakes on the bed or trolley.
6. Position clothing nearby.
7. Inform the client of what you are going to do and what you would like them to do.
8. Nominate team leader (known as Worker 1) and assisting worker (known as Worker 2). Check the understanding of verbal cues “READY, BRACE, MOVE” with co-workers.

#### Doing the task

##### Dressing the Upper Body

1. Workers positioned close to and facing the side of the bed or trolley. Near the clients head.
2. Maintain the three natural curves of the spine, soften (the knees), sink (at the hips) and stabilise (the pelvic floor and lower abdominals.)
3. Place the garment over the clients head.
4. Workers adjust their position so they are level with the body part they are working on and facing the task.
5. Always dress the most difficult side first. (Undress it last).
6. Worker 1 dresses one arm whilst worker 2 assists to control movement or with positioning as required.
7. Roll the client to adjust the clothing at the back (see 8b Rolling – 2 Workers)



Please turn over for Task Steps continued...

8. Worker 2 dresses the other arm whilst Worker 1 assists to control movement or with positioning as required.
9. Roll the client to adjust the clothing at the back (see 8b Rolling – 2 Workers)

**Note:**

If dressing the client whilst they are lying on their side, the same procedure applies.

**Dressing the Lower Body**

1. Workers positioned close to and facing the side of the bed or trolley. Near the clients feet.
2. Maintain the three natural curves of the spine, soften (the knees), sink (at the hips) and stabilise (the pelvic floor and lower abdominals.)
3. Put lower garments over the clients feet, and pull them up over their knees and thighs as far as possible.
4. Workers adjust their position so they are level with the body part they are working on and facing the task.
5. Roll the client onto their side (see 8b Rolling – 2 Workers)
6. Position and adjust incontinence pads. Pull up and adjust clothing as much as possible.
7. Roll the client to the other side (see 8b Rolling – 2 Workers)
8. Pull up and adjust clothing as much as possible.
9. Return client to lying on their back.
10. Put on the clients shoes and socks whilst they are on the bed to avoid working at a low height when they are in the chair. Position a towel, sheet or old cloth under the clients shoes to protect the bed .



**Note:**

The use of slide sheets on the bed can greatly assist with positioning clients during dressing tasks (see Section 9 - Slide Sheet Procedures).

Please turn over for Task Steps continued...

## Dressing the Upper Body in Sitting

### Preparation

1. The client is sitting in a commode or wheelchair.
2. Position the chair so there is access for a Worker all around the chair.
3. Apply the brakes on the chair.
4. Have clothes positioned nearby.
5. If the client has spasm or uncontrolled movement (see 5a Tips for Handling Spasm and Uncontrolled Movement).

### Doing the task

1. The Workers stand beside and facing the chair.
2. Maintain the three natural curves of the spine, soften (the knees), sink (at the hips) and stabilise (the pelvic floor and lower abdominals.)
3. Place the garment over the clients head.
4. Always dress the most difficult side first. Undress it last.
5. Each worker dresses the side of the client that is closest to them, the second worker can move around the chair/client to assist with positioning as required stand close to and facing the task you are doing.
6. Lean the client forward to adjust clothing at the back as follows:
  - Workers stand close to and facing the side of the chair. The workers back hip is in line with the client's shoulder. Workers assume a wide stance, maintain the three natural curves of the spine as workers soften their knees and sink at the hips.
  - Workers position their back hand onto the back of the client's shoulder blade that is closest to them.
  - Workers position their front hand onto the front of the client's shoulder that is closest to them.
  - Worker 1 uses the cues "READY, BRACE", both workers are in a side lunge position and transfer their weight into their back leg. Stabilise the pelvic floor and lower abdominals.



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- Worker 1 uses the cue “MOVE”. Both workers transfer their body weight into their front legs as they assist the clients trunk to lean forward.
7. Adjust clothing at the back of the client.
  8. Reverse the above procedure to lean the client back into the chair.

### **Concluding task**

1. Apply lap belts, chest straps, armrests, lateral supports etc as appropriate.

