



5f. Assisted dressing - 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. Applying this procedure to a client who is non-weightbearing or unable to support most or all of their body weight in standing. 2. Performing tasks at a low height and at a distance from the Worker. 3. Workers not trained in manual handling principles and techniques which support the safe application of this procedure. 3. Workers not trained/instructed in this safe work procedure. 	<ol style="list-style-type: none"> 1. Review Client Manual Handling Plan. Use an alternative method to dress the client. 2. Keep as close as possible to the task. Apply the techniques of manual handling as per this procedure. 3. Workers should receive training/instruction in the principles of manual handling to safely perform this task. 4. 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...

5f. Assisted dressing - 2 workers

TASK STEPS

This procedure only applies to clients who are weight bearing or partially weight bearing. The client must be able to support most or all of their body weight in standing.

Preparation

1. Explain to the client what you are going to do and what you want them to do.
2. Ensure equipment is correctly positioned for the tasks you are going to do.
3. The client is seated on a shower chair, stool, standard chair, wheeled commode chair or bed.

Doing the task

Dressing the Upper Body

1. The client's upper body is dressed whilst they are seated.
2. The Workers stand beside the client on either side. Face the side of the chair. Soften the knees, Sink at the hips and maintain the three natural curves of the spine during the task.
3. 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.
4. Dress the weakest or most difficult side first and undress it last.

Dressing the Lower Body

1. Where possible, position lower garments over the client's feet and knees whilst they are sitting and pull them up as far as possible.
2. To place the garments over the client's feet each worker takes a turn to adopt a half kneel position beside the client's legs. Position the client's ankle/calf over the workers raised knee and apply the garments.



Please turn over for Task Steps continued...

Standing Without a Rail

1. Client is assisted to stand (see Section 1 - Assisted Sit to Stand Transfers.)
2. Worker 1 stands beside and facing the client.
3. Worker 1 stabilises the client in standing using the 3-point block (See “Three Point Block” at the end of this procedure).
4. Worker 2 adjusts clothing on the opposite side to where Worker 1 is standing or from in front for nappy changes etc. Worker 2 applies the techniques of manual handling whilst completing tasks.
5. Worker 2 then adopts the 3-point block position while Worker 1 adjusts the client’s clothes on the side closest to them.



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. Workers 1 and 2 stand on either side of the client and adjust clothing whilst applying the techniques of manual handling (step 3 above)

Alternatively, if it is safe to do so, whilst the client is standing holding the rail at the front

1. Worker 2 can remove the chair from behind the client.
2. Worker 1 adjusts clothing etc from behind.
3. Worker 2 re-positions the chair behind the client.



Please turn over for Task Steps continued...

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 client is assisted to stand (see Section 1 - Assisted Sit to Stand Transfers).
3. Worker 1 can support the client on their weaker side as for (Standing without a Rail) if required.
4. Worker 2 can adjust clothing from in front or behind as described above.
5. If there is no access to the front or back of the client the Worker can adjust the clothing from the side whilst applying the techniques of manual handling. (See Step 3 Standing without a rail).



Concluding tasks

Return the client to sitting (see 1g Stand to Sit from Front and Side).

Applying Shoes and Socks

To dress the client's feet use one of the following options:

1. Each Worker takes a turn to adopt a half kneel beside the client's legs. Position the client's ankle over the workers raised knee and apply sock and shoe.
2. Place the client's foot on a footstool or chair. The workers use the techniques of manual handling whilst dressing the foot.



Please turn over for Task Steps continued...

Three Point Block

This technique is used to stabilise clients in standing during transfers and personal care tasks.

1. The worker stands beside and facing the client on their weakest side.
2. The worker maintains the three natural curves of the spine, Softens (the knees), Sink (at the hips) and Stabilises (the pelvic floor and lower abdominals).
3. The worker positions their back arm onto the clients furthest hip.
4. The worker positions their other hand onto the front of the clients shoulder girdle that closest to them.
5. The worker braces the client's foot with their front foot and the client's knee/thigh with their thigh if required.
6. The worker shifts the client's weight towards them moving the client to the side and forward onto their own hip so that the client is stable and supported.
7. A second worker can adjust clothing, attend to the client's personal care tasks etc whilst the client is supported in this position.
8. If there are 2 workers reverse roles to complete dressing tasks.

Acknowledgement to Lynn Varcin-Coad

