



5g. Assisted dressing - 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. Applying this procedure to a client who is non-weight bearing or unable to support most of their body weight in standing. 2. Performing tasks at a low height and at a distance from the worker. 3. Worker not trained in manual handling principles and techniques which support the safe application of this procedure. 4. Worker 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. Worker should receive training/instruction in the principles of manual handling to safely perform this task. 4. 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...

5g. Assisted dressing - 1 worker



This procedure requires 1 worker

TASK STEPS

This procedure only applies to clients who are weight bearing or partially weight bearing. The client must be able to support 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 Worker stands beside the client on their weaker side (if they have one). 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. Dress the side of the client that is closest and then move around the chair/client to be close to and facing the task you are doing.
4. Dress the weakest 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 the worker adopts a half kneel beside the clients leg. Position clients ankle/calf over the workers raised knee and apply the garments. Move to the other side to dress the other leg.



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). The client must be able to maintain standing independently.
2. The Worker stands in front of the client.
3. The Worker maintains the three natural curves of the spine, softens the knees, sinks at the hips and stabilises the pelvic floor and lower abdominals.
4. Adjust lower garments as required.

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 on either side of the client and adjusts clothing whilst applying the techniques of manual handling (step 3 above). The Worker then moves to the other side and adjusts clothing as required.

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

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

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). The client must be able to maintain standing independently.
3. The Worker can adjust clothing from in front or behind as described above.
4. 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).



Please turn over for Task Steps continued...

Concluding tasks

1. Assist the client to sit (see 1g Stand to Sit from Front and Side).

Applying Shoes and Socks

To dress the clients feet use one of the following options:

1. Worker adopts a half kneel beside the client's legs. Position the clients ankle over the workers raised knee and apply sock and shoe. Move to the other side to dress the other leg.
2. Place the client's foot on a footstool or chair. The worker uses the techniques of manual handling whilst dressing the foot.
3. Shoes and socks may be applied prior to standing the client to adjust lower limb clothing.

