

## Safe Work Procedure (SWP)

### Name of Task: SCH Supervise Walking w Aid

**Description of Task:** Provide client with verbal cues while walking with mobility aid.

**Position/Job:** HSW, HCA, ISW, RA, nurse

**Department/Unit:** WRHA Home Care

**Equipment and/or Tools Required:**

Appropriate footwear for client  
May be used: mobility aid (walker, cane or crutches)

**Personal Protective Equipment (PPE) Required:**

Appropriate footwear and clothing for staff

**Potential Hazards: Forceful movements, awkward/sustained positions, forceful movements, infection transmission, violent and/or aggressive behavior**

Signs and symptoms of a musculoskeletal injury (MSI) can include pain, burning, swelling, stiffness, numbness/tingling, and/or loss of movement or strength in a body part. Report these to your supervisor.

**Considerations:**

- Client must be assessed for ability. Do not proceed with transfer and contact supervisor if there are changes in client's ability.
- Client must be able to:
  - Follow directions and be cooperative
  - Reliably weight bear through legs
  - Reliably take steps
  - Have adequate walking tolerance

#### Steps to be taken to complete task safely:

1	<p><b>Client stands:</b></p> <ul style="list-style-type: none"> <li>• If client is sitting on wheelchair or bed, ask client to lean forward and push up with arms and legs to standing position.</li> <li>• Place mobility aid close to client as appropriate (e.g., walker in front of client, cane on strong/unaffected side of client).</li> <li>• Ask client to pause if dizzy or not balanced.</li> </ul>
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2	<p><b>Client walks:</b></p> <ul style="list-style-type: none"> <li>• Stand behind and to the side of the client in a wide base of support with one foot in front of the other, hips and knees slightly bent and back straight.</li> <li>• Take small steps with client.</li> <li>• If needed, cue client to bring walker closer to body and offer resting breaks.</li> </ul> <p><b>Note:</b> Do not lift or hold the client up if unable to regain balance and client is falling.</p>
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#### Responsibilities

**Managers/Supervisors:** Monitor to ensure all duties are performed in accordance to training, established health and safety regulations/guidelines, policies and procedures (e.g. following safe work procedures).

**Staff performing task:** Follow safe work procedure as written and trained in classroom setting. Inform Supervisor of all occurrences, injuries, illnesses or safety and health concerns which are likely to harm themselves, co-workers, or any others who enter the premises.

#### Completion and Review

This safe work procedure will be reviewed any time the task, equipment or materials change and at a minimum of every three years from the last revision date

**Approved by:** Pending approval by PWHSWG and PHRLC

**Created by:** Home Care Safe Client Handling Committee

**Last Revision Date:** February 2019

